

QTC Coaching Schedule - Term 1 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Shots Blue 3:30 – 4:00pm	Hot Shots Red 4:00 – 4:45pm 4:45 – 5:30pm	Wednesday Ladies Fixtures 9:00 – 11:00am	Hot Shots Blue 3:30 – 4:00pm	Adult Intermediate 9:00 – 10:00am	Hot Shots Blue 7:45 – 8:15am 8:15 – 8:45am 8:45 – 9:15am	Social Tennis 4:00 – 7:00pm
Hot Shots Red 4:00 – 4:45pm 4:45 – 5:30pm	Hot Shots Orange 4:00 – 5:00pm 5:00 – 6:00pm	Hot Shots Red 4:00 – 4:45pm	Hot Shots Red 4:00 – 4:45pm	Orange Ball Fixtures 3:45 – 5:30pm	Hot Shots Red 7:45 – 8:30am 8:30 – 9:15am 9:15 – 10:00am 10:00 – 10:45am	
Hot Shots Orange 4:00 – 5:00pm 5:00 – 6:00pm	Hot Shots Green 4:00 – 5:00pm 5:00 – 6:00pm	Hot Shots Red Graduate Squad 4:00 – 5:00pm	Hot Shots Orange 4:00 – 5:00pm 5:00 – 6:00pm	Green Ball Fixtures 4:00 – 5:30pm		
Orange Performance 4:00 – 5:30pm	Green Performance 4:00 – 5:30pm	Hot Shots Orange 4:00 – 5:00pm	Orange Performance 4:00 – 5:30pm	Yellow Ball Fixtures 4:00 – 5:30pm	Hot Shots Red Graduate Squad 9:15 – 10:15am	
Hot Shots Green 5:00 – 6:00pm	Transition Squad 5:00 - 6:30pm	Hot Shots Green 5:00 – 6:00pm	Green Performance 4:00 – 5:30pm	QTC UTR Premier League Fixtures 5:30 – 8:00pm		
Development Squad Performance Tier 2 5:30 – 7:30pm	Development Squad Performance Tier 1 5:30 – 7:30pm	Girls Super Performance Squad 5:30 – 7:30pm	Hot Shots Green 5:00 – 6:00pm		Hot Shots Orange 8:00 – 9:00am 9:00 – 10:00am	
Teen Tennis 6:00 – 7:00pm	Teen Tennis 6:00 - 7:00pm	Development Squad 6:00 – 7:30pm	Development Squad Performance Tier 1 5:30 – 7:30pm		Hot Shots Green 10:00 – 11:00am 11:00 – 12:00pm	
Development Squad 6:00 – 7:30pm	Social Tennis 7:00 – 10:00pm	Teen Tennis 6:00 - 7:00pm	Development Squad Performance Tier 2 5:30 – 7:30pm		Teen Tennis 10:00 – 11:00am 11:00 – 12:00pm	
Adult Novice 7:30 – 8:30pm	Adult Novice 7:30 – 8:30pm	Adult Novice 7:30 – 8:30pm	Teen Tennis 6:00 – 7:00pm		Adult Novice 9:00 – 10:00am	
Adult Intermediate 7:30 – 8:30pm	Adult Intermediate 7:30 – 8:30pm	Adult Intermediate 7:30 – 8:30pm	Adult Novice 6:00 – 7:00pm		Adult Intermediate 8:00 – 9:00am	
Adult Advanced 7:30 – 9:00pm	Cardio Tennis/Hit Fit 7:30 – 8:30pm	Adult Advanced 7:30 – 9:00pm	Adult Novice 7:30 – 8:30pm		Super League 1:30 – 5:30pm	
		Wednesday Open Fixtures 7:30 – 10:00pm	Adult Intermediate 7:30 – 8:30pm			
			Thursday Singles Fixtures 7:30 – 10:00pm			

Please note: class times are subject to change