## **QTC Coaching Schedule - Term 1 2023**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturda
Hot Shots Blue	Hot Shots Red	Wednesday Ladies	Hot Shots Blue	Adult Intermediate	Hot Shots
3:30 – 4:00pm	4:00 – 4:45pm	Fixtures	3:30 – 4:00pm	9:00 – 10:00am	7:45 – 8:15
	4:45 – 5:30pm	9:00 – 11:00am			8:15 – 8:45
Hot Shots Red			Hot Shots Red	Orange Ball Fixtures	8:45 – 9:15
4:00 – 4:45pm	Hot Shots Orange	Hot Shots Red	4:00 – 4:45pm	3:45 – 5:30pm	
4:45 – 5:30pm	4:00 – 5:00pm	4:00 – 4:45pm	Hot Shots Orange	Green Ball Fixtures	Hot Shots
Hot Shots Orange	5:00 – 6:00pm	Hot Shots Red Graduate	4:00 – 5:00pm	4:00 – 5:30pm	7:45 – 8:30
4:00 – 5:00pm	Hot Shots Green	Squad	5:00 – 6:00pm	4.00 – 5.50pm	8:30 - 9:15
5:00 – 6:00pm	4:00 – 5:00pm	4:00 – 5:00pm	5.00 - 0.00pm	<b>Yellow Ball Fixtures</b>	9:15 – 10:0
5.00 – 0.00pm	•	4.00 – 5.00pm	Orange Performance	4:00 – 5:30pm	10:00 - 10
Orange Performance	5:00 – 6:00pm	Hot Shots Orange	4:00 – 5:30pm		
4:00 – 5:30pm	Green Performance	4:00 – 5:00pm		QTC UTR Premier	Hot Shots
l	4:00 – 5:30pm		Green Performance	League Fixtures	Squad
Hot Shots Green		Hot Shots Green	4:00 – 5:30pm	5:30 – 8:00pm	9:15 – 10:1
5:00 – 6:00pm	Transition Squad	5:00 – 6:00pm			
	5:00 - 6:30pm		Hot Shots Green		Hot Shots
Development Squad		Girls Super Performance	5:00 – 6:00pm		8:00 - 9:00
Performance Tier 2	Development Squad	Squad	Development Squad		9:00 - 10:0
5:30 – 7:30pm	Performance Tier 1	5:30 – 7:30pm	Performance Tier 1		Hot Shots
Teen Tennis	5:30 – 7:30pm	Development Squad	5:30 – 7:30pm		10:00 - 11
6:00 – 7:00pm	Teen Tennis	6:00 – 7:30pm			11:00 - 12:
0.00 7.00pm	6:00 - 7:00pm		<b>Development Squad</b>		11.00 12
<b>Development Squad</b>	0.00 - 7.00pm	Teen Tennis	Performance Tier 2		Teen Tenn
6:00 – 7:30pm	Social Tennis	6:00 - 7:00pm	5:30 – 7:30pm		10:00 - 11
	7:00 – 10:00pm				11:00 - 12
Adult Novice		Adult Novice	Teen Tennis		
7:30 – 8:30pm	Adult Novice	7:30 – 8:30pm	6:00 – 7:00pm		Adult Novi
Adult Interneodicto	7:30 – 8:30pm		Adult Novice		9:00 - 10:0
Adult Intermediate		Adult Intermediate	Adult Novice		
7:30 – 8:30pm	Adult Intermediate	7:30 – 8:30pm	7:30 – 8:30pm		Adult Inter
Adult Advanced	7:30 – 8:30pm	Adult Advanced	Adult Intermediate		8:00 - 9:00
7:30 – 9:00pm	Cardio Tennis/Hit Fit	7:30 – 9:00pm	7:30 – 8:30pm		Super Leag
	7:30 – 8:30pm				1:30 - 5:30
		Wednesday Open	Thursday Singles		
		Fixtures	Fixtures		
		7:30 – 10:00pm	7:30 – 10:00pm		

ay	Sunday
<mark>Blue</mark> 5am 5am 5am	<b>Social Tennis</b> 4:00 – 7:00pm
<b>Red</b> Oam 5am 00am 0:45am	
Red Graduate	
15am	
o <mark>Orange</mark> Oam 00am	
<b>Green</b> 1:00am 2:00pm	
<b>nis</b> 1:00am 2:00pm	
<mark>vice</mark> 00am	
e <b>rmediate</b> Oam	
gue Opm	