QTC Coaching Schedule - Term 3 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Shots Blue	Hot Shots Red	Wednesday Ladies	Hot Shots Blue	Adult Intermediate	Hot Shots Blue	Social Tennis
3:30 – 4:00pm	4:00 – 4:45pm	Fixtures	3:30 – 4:00pm	9:00 – 10:00am	8:15 – 8:45am	3:00 – 6:00pm
		9:00 – 11:00am			8:45 – 9:15am	
Hot Shots Red	Hot Shots Orange		Hot Shots Red	Orange Ball Fixtures		
4:00 – 4:45pm	4:00 – 5:00pm	Hot Shots Red	4:00 – 4:45pm	4:00 – 5:30pm	Hot Shots Red	
4:45 – 5:30pm	5:00 – 6:00pm	4:00 – 4:45pm	Hot Shots Orange	Green Ball Fixtures	7:45 – 8:30am	
Hot Shots Orange	Hot Shots Green	Hot Shots Red Graduate	4:00 – 5:00pm	4:00 – 5:30pm	8:30 – 9:15am	
4:00 – 5:00pm	4:00 – 5:00pm	Squad	5:00 – 6:00pm	4.00 – 5.50pm	9:15 – 10:00am	
	· ·	e quisici	3.00 - 6.00pm	Yellow Ball Fixtures	10:00 – 10:45am	
5:00 – 6:00pm	5:00 – 6:00pm	4:00 – 5:00pm	Orange Performance	4:00 – 5:30pm		
Orange Performance	Green Performance	Hot Shots Orange	4:00 – 5:30pm	·	Hot Shots Red Graduate	
4:00 – 5:30pm	4:00 – 5:30pm	4:00 – 5:00pm	· ·	QTC UTR Premier	Squad	
			Green Performance	League Fixtures	9:15 – 10:15am	
Hot Shots Green	Transition Squad	Hot Shots Green	4:00 – 5:30pm	5:30 – 8:00pm	Hat Shata Oranga	
5:00 – 6:00pm	5:00 - 6:30pm	5:00 – 6:00pm	Hali Chala Casas		Hot Shots Orange	
			Hot Shots Green		8:00 – 9:00am	
Development Squad	Development Squad	Development Squad	5:00 – 6:00pm		9:00 – 10:00am	
Performance Tier 2	Performance Tier 1	Performance Tier 2	Development Squad		Hot Shots Green	
5:30 – 7:30pm	5:30 – 7:30pm	5:30 – 7:30pm	Performance Tier 1		10:00 – 11:00am	
Teen Tennis	Teen Tennis	Development Squad	5:30 – 7:30pm		11:00 – 12:00pm	
6:00 – 7:00pm	6:00 - 7:00pm	6:00 – 7:30pm	3.30 7.30pm		22100 221006111	
	7.00pm	7.36pm	Development Squad		Teen Tennis	
Development Squad	Social Tennis	Teen Tennis	Performance Tier 2		10:00 – 11:00am	
6:00 – 7:30pm	7:00 – 10:00pm	6:00 - 7:00pm	5:30 – 7:30pm		11:00 – 12:00pm	
Adult Novice	Adult Novice	Adult Novice	Teen Tennis		Adult Novice	
7:30 – 8:30pm	7:30 – 8:30pm	7:30 – 8:30pm	6:00 – 7:00pm		9:00 – 10:00am	
Adult Intermediate	Adult Intermediate	Adult Intermediate	Adult Novice		Adult Intermediate	
7:30 – 8:30pm	7:30 – 8:30pm	7:30 – 8:30pm	7:30 – 8:30pm		8:00 – 9:00am	
		- 100 pm				
Adult Advanced	Cardio Tennis/Hit Fit	Adult Advanced	Adult Intermediate		Super League	
7:30 – 9:00pm	7:30 – 8:30pm	7:30 – 9:00pm	7:30 – 8:30pm		1:30 – 5:30pm	
		Wednesday Open	Thursday Singles			
		Fixtures	Fixtures			
		7:30 – 10:00pm	7:30 – 10:00pm			