

QTC COACHING SCHEDULE - TERM 1 2025

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