QTC COACHING SCHEDULE - TERM 1 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Shots Blue	Hot Shots Red	Ladies Fixtures	Hot Shots Blue	Adult Classes	Hot Shots Blue	Social Tennis
3:30 - 4:00pm	Red 1: 4:00 - 4:45pm	9:00 - 11:30am	3:30 - 4:00pm	Intermediate: 9:00 - 10:00am	8:15 - 8:45am	3:00 - 6:00pm
	Red 2: 4:00 - 4:45pm				8:45 - 9:15am	
lot Shots Red		Hot Shots Red	Hot Shots Red	Junior Fixtures		
Red 1: 4:00 - 4:45pm	Hot Shots Orange	Red 1: 4:00 - 4:45pm	Red 1: 4:00 - 4:45pm	Orange Ball: 3:45 - 5:30pm	Hot Shots Red	
Red 2: 4:45 - 5:30pm	Orange 1: 5:00 - 6:00pm	Red 2: 4:00 - 4:45pm	Red 2: 4:00 - 4:45pm	Green Ball: 4:00 - 5:30pm	Red 1: 7:45 - 8:30am	
	Orange 2: 4:00 - 5:00pm	Red Graduate: 4:00 - 5:00pm		Yellow Ball: 4:00 - 5:30pm	Red 1: 8:30 - 9:15am	
lot Shots Orange			Hot Shots Orange		Red 1: 9:15 - 10:00am	
Orange 1: 5:00 - 6:00pm	Hot Shots Green	Hot Shots Orange	Orange 1: 4:00 - 5:00pm	Red Ball Fixtures	Red 1: 10:00 - 10:45am	
Drange 2: 4:00 - 5:00pm	Green 1: 4:00 - 5:00pm	Orange 1: 5:00 - 6:00pm	Orange 2: 5:00 - 6:00pm	4:00 - 4:45pm	Red 2: 7:45 - 8:30am	
Orange Performance: 4:00 - 5:30pm	Green 2: 5:00 - 6:00pm	Orange 2: 4:00 - 5:00pm	Orange Performance: 4:00 - 5:30pm		Red 2: 8:30 - 9:15am	
	Green Performance: 4:00 - 5:30pm			Junior Premier League	Red 2: 9:15 - 10:00am	
lot Shots Green		Hot Shots Green	Hot Shots Green	UTR Fixtures: 5:30 - 8:00pm	Red Graduate: 9:15 - 10:15am	
Green 1: 5:00 - 6:00pm	Match Play	Green 1: 5:00 - 6:00pm	Green 1: 5:00 - 6:00pm			
Green 2: 5:00 - 6:00pm	Red 4:00 - 5:00pm		Green Performance: 4:00 - 5:30pm		Hot Shots Orange	
	Orange 5:00 - 6:00pm	Match Play			Orange 1: 8:00 9:00am	
Natch Play	Green 4:00 - 5:00pm	Red 4:00 - 5:00pm	Match Play		Orange 1: 9:00 - 10:00am	
Red 4:00 - 5:00pm		Orange 5:00 - 6:00pm	Red 4:00 - 5:00pm		Orange 2: 8:00 9:00am	
Drange 5:00 - 6:00pm	QTC Fitness Session: Performance	Green 4:00 - 5:00pm	Orange 5:00 - 6:00pm		Orange 2: 9:00 - 10:00am	
Green 4:00 - 5:00pm	Developmment: 5:00 - 5:30pm		Green 4:00 - 5:00pm			
	Orange/Green: 5:30 - 6:00pm	QTC Fitness Session: Performance			Hot Shots Green	
TC Fitness Session: Performance		Developmment: 5:00 - 5:30pm	QTC Fitness Session: Performance		Green 1: 10:00 - 11:00am	
Developmment: 5:00 - 5:30pm	Transition Squad	Orange/Green: 5:30 - 6:00pm	Developmment: 5:00 - 5:30pm		Green 1: 11:00 - 12:00pm	
Orange/Green: 5:30 - 6:00pm	5:00 - 6:30pm		Orange/Green: 5:30 - 6:00pm		Green 2: 10:00 - 11:00am	
		Development Squad Performance Tier 2			Green 2: 11:00 - 12:00pm	
Development Squad Performance Tier 2	Development Squad Performance Tier 1	5:30 - 7:30pm	Development Squad Performance Tier 2			
5:30 - 7:30pm	5:30 - 7:30pm		5:30 - 7:30pm		Teen Tennis	
		Development Squad			10:00 - 11:00am	
Development Squad	Teen Tennis	6:00 - 7:00pm	Development Squad		11:00 -12:00pm	
5:00 - 7:00pm	6:00 - 7:00pm		6:00 - 7:00pm			
		Teen Tennis			Adult Classes	
een Tennis	Girls Development Squad	6:00 - 7:00pm	Teen Tennis		Novice: 9:00 - 10:00am	
6:00 - 7:00pm	6:00 - 7:30pm		6:00 - 7:00pm		Intermediate: 8:00 - 9:00am	
		Adult Classes				
Adult Classes	Adult Classes	Novice: 7:30 - 8:30pm	Adult Classes		Super League	
Novice: 7:30 - 8:30pm ntermediate: 7:30 - 8:30pm	Novice: 7:30 - 8:30pm Intermediate: 7:30 - 8:30pm	Intermediate: 7:30 - 8:30pm	Novice: 7:30 - 8:30pm		1:30 - 5:30pm	
Advanced: 7:30 - 8:30pm	internediate: 7:30 - 8:30pm	Advanced: 7:30 - 9:00pm	Intermediate: 7:30 - 8:30pm			
Advanced. 7.30 - 9.00pm	Cardio Tennis (Advanced)	Wednesday Open Fixtures	Thursday Singles Fixtures			
	7:30 - 8:30pm	7:30 - 10:00pm	7:30 - 10:00pm			
	1.50 - 0.50pm	1.50 - 10.00pm	1.50 - 10.00pm			
	Social Tennis					
	7:00 - 10:00pm					