

TENNIS & PADEL SCHEDULE

* Courts available for rental 7 days a week.

BOOK TENNIS

BOOK PADEL

- TO DEVELOP
- TO LEARN
- FUN & FITNESS
- TO PLAY
- KIDS & JUNIORS

TENNIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHOT OF THE WEEK 10:00 - 11:00	CARDIO TENNIS 09:30 - 11:30	TENNIS TACTICS 10:00 - 11:00	CARDIO TENNIS 09:30 - 11:30	DOUBLES STRATEGY 10:00 - 11:00	ROOKIE ORANGES 09:00 - 10:00
TINY REDS 17:00 - 18:00	JUNIOR PERFORMANCE 1 17:00 - 21:00	JUNIOR PERFORMANCE 1 17:00 - 21:00	JUNIOR PERFORMANCE 1 17:00 - 21:00	GREEN STARS 17:00 - 18:30	TINY REDS 10:00 - 11:00
GREEN STARS 17:00 - 18:30		TINY REDS 17:00 - 18:00		JUNIOR PERFORMANCE 1 17:00 - 21:00	OPEN DOUBLES 10:00 - 12:00
JUNIOR PERFORMANCE 1 17:00 - 21:00		ROOKIE ORANGES 17:00 - 18:00		JUNIOR DEVELOPMENT 18:30 - 20:00	
JUNIOR DEVELOPMENT 18:30 - 20:00		GREEN STARS 17:00 - 18:30		MEN'S DOUBLES NIGHT (HIGH CLUB LEVEL) 19:00 - 21:00	
		JUNIOR DEVELOPMENT 18:30 - 20:00			
		MIX TRAINING 18:00 - 19:00			

PADEL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SHOT OF THE WEEK 11:00 - 12:00	PADEL TRAINING (LEVEL 3) 09:00 - 10:30	PADEL TRAINING (LEVEL 4) 09:00 - 10:30	MATCH WITH COACH 9:00 - 10:30	MATCH AND TACTICS (LEVEL 2) 12:00 - 13:30	PADEL KIDS (AGES 6-14) 10:00 - 11:00	PADEL TRAINING (LEVEL 4) 12:00 - 13:30
MATCH AND TACTICS (LEVEL 2) 17:00 - 18:30	MATCH WITH COACH 12:00 - 13:30	PADEL HIIT (LEVEL 3/4) 12:00 - 13:30	MATCH AND TACTICS (LEVEL 3/4) 12:00 - 13:30	MATCH WITH COACH 16:00 - 17:30	ORGANISED GAMES FOR ALL 11:00 - 13:00	
PADEL MIX - ROUND ROBIN 18:30 - 20:00	THE CAMPUS LEAGUE (LEVEL 3) 17:00 - 18:30	LADIES PADEL TRAINING (LEVEL 4) 15:30 - 17:00	THE CAMPUS LEAGUE (LEVEL 3+) 17:00 - 18:30	INTER CLUB PADEL TRAINING 18:30 - 20:00		
	THE CAMPUS LEAGUE (LEVEL 4) 18:30 - 20:30	LADIES PADEL TRAINING (LEVEL 3) 17:00 - 18:30	THE CAMPUS LEAGUE (LEVEL 2) 18:30 - 20:30			
		GRAND PRIX 18:30 - 20:30				