



SA Institute of Tennis - Term 1, 2020 Coaching Timetable

Monday:

3.45 - 4.15pm - **Red Ball**
4.15 - 5.00pm - **Orange Ball**
5.00 - 5.45pm - **Green Ball**
5.45 - 6.30pm - **Yellow Ball**
6.30 - 8.00pm - Social Member Comp

Tuesday:

3.30 - 4.00pm - **Red Ball**
4.00 - 4.45pm - **Orange Ball**
4.45 - 5.15pm - **Red Ball**
5.15 - 6.00pm - **Green Ball**
6.00 - 6.45pm - **Yellow Ball**
6.45 - 7.45pm - Cardio/Adult tennis coaching group

Wednesday:

3.45-4.15pm - **Red Ball**
4.15-5.00pm - **Orange Ball**
5.00-5.45pm - **Green Ball**
5.45-6.30pm - **Yellow Ball 1**
6.30-7.15pm - **Yellow Ball 2**
6.30 - 7.30pm - Cardio/Adult tennis coaching group

Thursday:

3.45pm-4.15pm - **Red Ball**
4.15pm-5.00pm - **Orange Ball**
5.00pm-5.45pm - **Green Ball**
5.45pm-6.45pm - **Yellow Ball (1 hour)**
6.45 - 8.15pm - Social Member Comp

Friday:

3.45-4.30pm - **Yellow Ball**
4.30-5.15pm - **Green Ball**
5.15-5.45pm - **Red Ball**
5.45-6.30pm - **Orange Ball**
6.30 - 9pm - **Junior Comp**

Saturday:

8.30 - 12.30pm - **Junior Comp**
1.00pm onwards - **Senior Comp**

Sunday:

9.30 - 10.00am - **Red Ball**
10.00 - 10.30am - **Red Ball**
10.30 - 11.15am - **Orange Ball - Technical**
11.15 - 12.00pm - **Green Ball - Technical**
12.00 - 12.45pm - **Yellow Ball - Technical**

***the timetable is subject to change from time to time with short notice**

***please note all group lessons will be booked out at 8 students maximum to one coach therefore bookings are essential**

Please call John Warnock on 0422 761 979 or email sainstituteoftennis@gmail.com to make a booking