QTC Coaching Schedule - Term 2 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturda
Hot Shots Blue	Hot Shots Red	Wednesday Ladies	Hot Shots Blue	Adult Intermediate	Hot Shots I
3:30 – 4:00pm	4:00 – 4:45pm	Fixtures	3:30 – 4:00pm	9:00 – 10:00am	9:15 – 9:45
		9:00 – 11:00am			10:00 - 10:
Hot Shots Red	Hot Shots Red Graduate		Hot Shots Red	Orange Ball Fixtures	10:30 - 11:
4:00 – 4:45pm	Squad	Hot Shots Red	4:00 – 4:45pm	4:00 – 5:30pm	
List Chate Orange	4:00 – 4:45pm	4:00 – 4:45pm	Het Shete Orenze	Green Ball Fixtures	Hot Shots I
Hot Shots Orange	Het Shete Orenze	Het Chete Red Creducte	Hot Shots Orange		7:45 – 8:30
4:00 – 4:45pm	Hot Shots Orange	Hot Shots Red Graduate	4:00 – 4:45pm	4:00 – 5:30pm	8:30 - 9:15
4:45 – 5:30pm	4:00 – 4:45pm	Squad	Orange Performance	Yellow Ball Fixtures	9:15 – 10:0
Talent ID Squad	Green Performance	4:00 – 4:45pm	4:00 – 5:30pm	4:00 – 5:30pm	10:00 - 10:
4:00 – 5:30pm	4:00 – 5:30pm	Hot Shots Orange			
1.00 9.30pm		4:45 – 5:30pm	Green Performance	QTC UTR Premier	Hot Shots I
Hot Shots Green	Hot Shots Green		4:00 – 5:30pm	League Fixtures	Squad
4:45 – 5:30pm	4:45 – 5:30pm	Hot Shots Green		5:30 – 8:00pm	8:30 – 9:15
		4:45 – 5:30pm	Hot Shots Green		9:15 – 10:0
Teen Tennis	Teen Tennis		4:45 – 5:30pm		
5:30 – 6:30pm	5:30 - 6:30pm	Development Squad	Teen Tennis		Hot Shots (
Dovelopment Squad	Dovelopment Squad	5:30 – 7:00pm			7:45 – 8:30
Development Squad	Development Squad	Girle Super Derformance	5:30 – 6:30pm		8:30 – 9:15
5:30 – 7:00pm	Performance Tier 1	Girls Super Performance	Development Squad		9:15 – 10:0
Development Squad	5:30 – 7:30pm	Squad	Performance Tier 1 & 2		10:00 - 10:
Performance Tier 2	Social Tennis	5:30 – 7:30pm	5:30 – 7:30pm		10:45 – 11:
5:30 – 7:30pm	7:00 – 10:00pm	Adult Novice			11:00 - 11:
		7:00 – 8:00pm	Adult Intermediate		
Adult Novice	Adult Intermediate	8:00 – 9:00pm	7:30 – 8:30pm		Hot Shots
7:00 – 8:00pm	7:00 – 8:00pm				8:30 - 9:15
		Adult Intermediate	Thursday Singles		9:15 - 10:0
Adult Advanced	Adult Novice	7:00 – 8:00pm	Fixtures		10:45 – 11:
7:30 – 9:00pm	7:30 – 8:30pm		7:30 – 9:30pm		Teen Tenn
Adult Intermediate	Cardio Tennis	Adult Advanced	Adult Novice		10:00 - 11:
8:00 – 9:00pm	7:30 – 8:30pm	7:30 – 9:00pm	8:30 – 9:30pm		11:00 - 12:
8.00 – 9.00pm	7.50 8.50pm	Wednesday Open	8.30 9.30pm		11:15 - 12:
		Fixtures			
					Adult Inter
		7:30 – 9:30pm			8:00 - 9:00
					Super Leag
					1:30 - 5:00

Please note: class times are subject to change

ay	Sunday
Blue	Social Tennis
5am	4:00 – 7:00pm
D:30am	
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Red	
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D:45am	
Red Graduate	
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Orange	
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D:45am	
1:30am	
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1:00am	
2:00pm	
2:15pm	
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