

## QTC Coaching Schedule - Term 1 2024

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   | Sunday                                |
|--|--|--|--|---|--|---------------------------------------|
| <b>Hot Shots Blue</b><br>3:30 – 4:00pm                       | <b>Hot Shots Red</b><br>4:00 – 4:45pm                        | <b>Wednesday Ladies Fixtures</b><br>9:00 – 11:00am           | <b>Hot Shots Blue</b><br>3:30 – 4:00pm                       | <b>Adult Intermediate</b><br>9:00 – 10:00am             | <b>Hot Shots Blue</b><br>8:15 – 8:45am<br>8:45 – 9:15am      | <b>Social Tennis</b><br>3:00 – 6:00pm |
| <b>Hot Shots Red</b><br>4:00 – 4:45pm<br>4:45 – 5:30pm       | <b>Hot Shots Orange</b><br>4:00 – 5:00pm<br>5:00 – 6:00pm    | <b>Hot Shots Red</b><br>4:00 – 4:45pm                        | <b>Hot Shots Red</b><br>4:00 – 4:45pm                        | <b>Orange Ball Fixtures</b><br>4:00 – 5:30pm            | <b>Hot Shots Red</b><br>7:45 – 8:30am                        |                                       |
| <b>Hot Shots Orange</b><br>4:00 – 5:00pm<br>5:00 – 6:00pm    | <b>Hot Shots Green</b><br>4:00 – 5:00pm<br>5:00 – 6:00pm     | <b>Hot Shots Red Graduate Squad</b><br>4:00 – 5:00pm         | <b>Hot Shots Orange</b><br>4:00 – 5:00pm<br>5:00 – 6:00pm    | <b>Green Ball Fixtures</b><br>4:00 – 5:30pm             | 8:30 – 9:15am<br>9:15 – 10:00am<br>10:00 – 10:45am           |                                       |
| <b>Orange Performance</b><br>4:00 – 5:30pm                   | <b>Green Performance</b><br>4:00 – 5:30pm                    | <b>Hot Shots Orange</b><br>4:00 – 5:00pm                     | <b>Orange Performance</b><br>4:00 – 5:30pm                   | <b>Yellow Ball Fixtures</b><br>4:00 – 5:30pm            | <b>Hot Shots Red Graduate Squad</b><br>9:15 – 10:15am        |                                       |
| <b>Hot Shots Green</b><br>5:00 – 6:00pm                      | <b>Transition Squad</b><br>5:00 - 6:30pm                     | <b>Hot Shots Green</b><br>5:00 – 6:00pm                      | <b>Green Performance</b><br>4:00 – 5:30pm                    | <b>QTC UTR Premier League Fixtures</b><br>5:30 – 8:00pm | <b>Hot Shots Orange</b><br>8:00 – 9:00am<br>9:00 – 10:00am   |                                       |
| <b>Development Squad Performance Tier 2</b><br>5:30 – 7:30pm | <b>Development Squad Performance Tier 1</b><br>5:30 – 7:30pm | <b>Development Squad Performance Tier 2</b><br>5:30 – 7:30pm | <b>Hot Shots Green</b><br>5:00 – 6:00pm                      |   | <b>Hot Shots Green</b><br>10:00 – 11:00am<br>11:00 – 12:00pm |                                       |
| <b>Teen Tennis</b><br>6:00 – 7:00pm                          | <b>Teen Tennis</b><br>6:00 - 7:00pm                          | <b>Development Squad</b><br>6:00 – 7:30pm                    | <b>Development Squad Performance Tier 1</b><br>5:30 – 7:30pm |   | <b>Teen Tennis</b><br>10:00 – 11:00am<br>11:00 – 12:00pm     |                                       |
| <b>Development Squad</b><br>6:00 – 7:30pm                    | <b>Social Tennis</b><br>7:00 – 10:00pm                       | <b>Teen Tennis</b><br>6:00 - 7:00pm                          | <b>Development Squad Performance Tier 2</b><br>5:30 – 7:30pm |   |  |                                       |
| <b>Adult Novice</b><br>7:30 – 8:30pm                         | <b>Adult Novice</b><br>7:30 – 8:30pm                         | <b>Adult Novice</b><br>7:30 – 8:30pm                         | <b>Teen Tennis</b><br>6:00 – 7:00pm                          |   | <b>Adult Novice</b><br>9:00 – 10:00am                        |                                       |
| <b>Adult Intermediate</b><br>7:30 – 8:30pm                   | <b>Adult Intermediate</b><br>7:30 – 8:30pm                   | <b>Adult Intermediate</b><br>7:30 – 8:30pm                   | <b>Adult Novice</b><br>7:30 – 8:30pm                         |   | <b>Adult Intermediate</b><br>8:00 – 9:00am                   |                                       |
| <b>Adult Advanced</b><br>7:30 – 9:00pm                       | <b>Cardio Tennis/Hit Fit</b><br>7:30 – 8:30pm                | <b>Adult Advanced</b><br>7:30 – 9:00pm                       | <b>Adult Intermediate</b><br>7:30 – 8:30pm                   |   | <b>Super League</b><br>1:30 – 5:30pm                         |                                       |
|  |  | <b>Wednesday Open Fixtures</b><br>7:30 – 10:00pm             | <b>Thursday Singles Fixtures</b><br>7:30 – 10:00pm           |   |  |                                       |

*Please note: class times are subject to change*