

GROUP LESSONS COACHING SCHEDULE 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
8:00	Orange Ball 7:45~8:30	Orange Ball 7:45~8:30	Orange Ball 7:45~8:30	Orange Ball 7:45~8:30	Orange Ball 7:45~8:30		
9:00	Adult Group 9:30~10:30	Cardio Tennis 9:30~10:30	Adult Group 9:30~10:30		Cardio Tennis 9:30~10:30		
10:00					Adult Group 10:30~11:30		
11:00							
12:00							
13:00	Cardio Tennis 13:00~14:00		Cardio Tennis 13:00~14:00	Adult Group 13:00~14:00			
14:00							
15:00							
16:00		Red Ball 16:00~16:45		Red Ball 16:00~16:45	Red Ball 16:00~16:45		
17:00		Orange Ball 16:45~17:45		Orange Ball 16:45~17:45	Orange Ball 16:45~17:45		
18:00		Yellow Ball 17:45~18:45		Yellow Ball 17:45~18:45	Yellow Ball 17:45~18:45		
19:00							