

TIMETABLE OF PROGRAMS Melbourne Park



	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SUNDAY
Morning	6.30-7.15AM				TENNIS WORKOUT			
	7.15-8AM				TENNIS WORKOUT			
Lunch time	11.30AM - 12.15PM	TENNIS WORKOUT	TENNIS WORKOUT	TENNIS WORKOUT	TENNIS WORKOUT	TENNIS WORKOUT		
	12PM-1PM		CARDIO TENNIS		CARDIO TENNIS			
	12.15PM - 1PM	TENNIS WORKOUT	TENNIS WORKOUT	TENNIS WORKOUT	TENNIS WORKOUT	TENNIS WORKOUT		
	1 - 2PM	TENNIS WORKOUT +	TENNIS WORKOUT +	TENNIS WORKOUT +	TENNIS WORKOUT +	TENNIS WORKOUT +	1-1.45PM	TENNIS WORKOUT
	1-2PM		CARDIO TENNIS		CARDIO TENNIS		1.45-2.30PM	TENNIS WORKOUT
Evening	6.30-7.15 PM	TENNIS WORKOUT	TENNIS WORKOUT	TENNIS WORKOUT	TENNIS WORKOUT	TENNIS WORKOUT		
	6.30-7.30PM	CARDIO TENNIS		CARDIO TENNIS				
	7.15-8PM	TENNIS WORKOUT	TENNIS WORKOUT	TENNIS WORKOUT	TENNIS WORKOUT	TENNIS WORKOUT		
	7.30-8.30PM	CARDIO TENNIS		CARDIO TENNIS				

TENNIS WORKOUTS
Included in Gold and Platinum memberships
\$18/casual session

CARDIO TENNIS
Included in Gold & Platinum memberships
\$18/casual session

TENNIS WORKOUTS PLUS
Included in Platinum membership
\$23/casual session

All classes are open to players aged 16 years old and over
Classes do not run during school holidays

Tennis World
Melbourne Park,
Batman Avenue
Tennisworld.net.au

For all bookings
Call 1300TENNIS
(836 647)