

Sawbridgeworth Tennis Club Weekly Court Schedule 2019 (Numbers in brackets refer to court in use.)

	Morning	Afternoon	Evening
Monday	09.00 - 12.00 Individual Coaching (7)	12:00 - 17.30 Individual Coaching (4,7)	17.30 - 20.00 Junior Performance Coaching (4,5,7) 20.00 - 21.30 Senior Group Coaching (1,2,3,4,5)
Tuesday	07.00 - 10.00 Individual Coaching (7)	12.00 - 16.00 Individual Coaching (7) 13.30 - 16.30 Club Afternoon (1,2,3)	16.00 - 22.00 Individual Coaching (4,7)
Wednesday	07.00-12.00 Individual Coaching (7) 09.30 - 10.30 Cardio tennis (4,5)	12.00 - 16.00 Individual Coaching (7)	16.00 - 17.00 Mini Tennis Coaching (6) 17.00 - 19.30 Junior Performance Coaching (1,2,3,7) 19.30 - 21.30 Club Evening / Pay & Play (1,2,3)
Thursday	07.00 - 12.00 Individual Coaching (7)	12.00 - 16.00 Individual Coaching (7) 12.30 - 15.00 Ladies Team Practice (1,2) 13.30 - 17.00 Club Afternoon (2,3)	16.30 - 17.30 Mini Tennis Coaching (6,7) 16.00 - 19.00 Individual Coaching (7) 19.00 - 22.00 Men's Team Night (All)
Friday	07.00-12.00 Individual Coaching (7)	12.00 - 16.00 Individual Coaching (7)	16.00 - 22.00 Individual Coaching (4,7)
Saturday	08.00-12.00 Individual Coaching (4,7) 09.00 - 11.00 Mini Tennis / Pay & Play (6) 10.00 - 12.30 Ladies Team Practice (1,2)	12.00 - 16.00 Individual Coaching (4,7) 12.30 onwards Match Priority (All)	16.00 - 22.00 Individual Coaching (7)
Sunday	9.00 -12.00 Junior Coaching (4,5,6,7) 10.30 - 12.30 Club Morning / Pay & Play(1,2,3)	10.30 - 12.30 Social Tennis (1,2,3) 12.30 onwards Match Priority (All)	12.00 - 16.00 Individual Coaching (7)