

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-07:30							
07:30-08:00							
08:00-08:30							
08:30-09:00							
09:00-09:30		Stage 4: Intermediate Padel Skills - Tim					
09:30-10:00							Stage 1: Intro to Padel - Sam
10:00-10:30	Coffee & Play			Stage 1: Intro to Padel - Sam	Coffee & Play	Cardio Padel - Tom	
10:30-11:00		Off Peak Mixed Performance Squad - Tim					
11:00-11:30					Playtomic Levelling - Tom		Stage 3: Beginners Padel - Sam
11:30-12:00	Stage 1: Intro to Padel - Sam	Match Play Masterclass Beginner - Tim		Ladies Morning			
12:00-12:30							
12:30-13:00			Lunch Break Hit			Stage 2: Padel Basics - Tom	Family Intro to Padel - Sam
13:00-13:30	Stage 3: Beginners Padel - Sam	Stage 2: Padel Basics - Tom					
13:30-14:00			Playtomic Levelling - Sam				
14:00-14:30				Match Play Masterclass Beginner - Tim			Padel & Pint
14:30-15:00							
15:00-15:30							
15:30-16:00				Match Play Masterclass Intermediate - Tim			
16:00-16:30		Playtomic Levelling - Tom	Kids Club (5-11) - Tom	Stage 3: Beginners Padel - Sam	Teens Club (11+) - Tom		
16:30-17:00							
17:00-17:30	Cardio Padel - Sam			Stage 5: Intermediate/Advanced Padel Skills - Tim			
17:30-18:00							
18:00-18:30							
18:30-19:00							
19:00-19:30		Women's Performance Squad - Tom		Lads Performance Squad - Tim			
19:30-20:00							
20:00-20:30							
20:30-21:00							
21:00-21:30							
21:30-22:00							

■ SOCIAL
 ■ GROUP COACHING
 ■ CLASS
 ■ KIDS & TEENS
 ■ LEVELLING
 ■ PERFORMANCE SQUADS
 ■ MATCH PLAY