

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-07:30	Early Bird Hit*				Early Bird Hit *		
07:30-08:00							
08:00-08:30		Power Padel: Beginners		Power Padel: Intermediate			
08:30-09:00							
09:00-09:30							
09:30-10:00							Stage 1: Intro to Padel
10:00-10:30	Coffee & Play	Stage 2: Padel Basics		Stage 1: Intro to Padel	Coffee & Play	Cardio Padel	
10:30-11:00							
11:00-11:30					Playtomic Levelling		Stage 3: Beginners Padel
11:30-12:00	Stage 1: Intro to Padel			Ladies Morning			
12:00-12:30							
12:30-13:00			Lunch Break Hit			Stage 2: Padel Basics	Family Intro to Padel
13:00-13:30	Stage 3: Beginners Padel						
13:30-14:00			Playtomic Levelling				
14:00-14:30							
14:30-15:00							
15:00-15:30							
15:30-16:00							
16:00-16:30			Kids Club (5-11)	Stage 3: Beginners Padel	Teens Club (11+)		
16:30-17:00							
17:00-17:30	Cardio Padel						
17:30-18:00							
18:00-18:30							
18:30-19:00	Stage 1: Intro to Padel	Ladies Night	Stage 2: Padel Basics	Lads Night			
19:00-19:30							
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

* EARLY BIRD HIT 07:15 - 08:15