



# Saxmundham Tennis Club

Weekly timetable updated April 2022 – where sessions are not noted the courts are bookable via ClubSpark

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning			<b>Club Coaching 9-10am</b> Group coaching available for all club players		<b>Club members' social play 9-12 noon</b>		<b>Club members' social play 9-12 noon</b>
Evening juniors		<b>Make a Racket 5-6pm</b> For girls aged 9 to 12 years	<b>LTA Youth Red 4-5pm</b> Group coaching for 4-7-year-olds  <b>LTA Youth Orange 5-6pm</b> Group coaching for 7-9-year-olds	<b>LTA Youth Green 5-6pm</b> Group coaching for 9-12-year-olds	<b>Teen Tennis 5-6pm</b> Group coaching for 12-18-year-olds		
Evening adults	<b>Team Training 6-8pm</b> Men's team practice  <b>League matches Start 7pm</b>	<b>Pair and Play 6-7pm</b> Ladies only group coaching  <b>Club members' social play 7-9pm</b>	<b>Tennis Xpress 6-7pm</b> Six-week course for new or returning players  <b>League matches Start 7pm</b>	<b>Cardio Tennis 6-7pm</b> Group fitness session based on the tennis court  <b>Club members' social play 7-9pm</b>	<b>League matches Start 7pm</b>		