

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|---|----------------------------|---|----------------------------|---|
| 7:30 | | | | | |
| 9am | 3.5MW League | 2.0W League 2.0MW Park | 3.0MW League | 4.0MW League | 2.5MW League |
| 10:30 | 3.5W Park 3.0M Park 4.5M Practice | 4.0M RR 2.5W RR | 3.0M Park 2.0 W RR 4.5M RR 3.5W RR | 3.5/4.0M Park | 3.0W RR 3.0M RR |
| 12 | 3.0MW 1&2 Practises | 2.5M RR | 2.5MW & 2.5W Practises | 3.5MW Practice | 2.0W Practice 2.5M/W Park 3.5W Park |
| 1:30 | 4.0MW & 4.0W Practises | STARS | Beginners | Open Drills & Skills | STARS Beginners |
| 3pm | 3.5/4.0M Park | 3.5M RR | 4.0W RR | 2.0MW Park 2.5MW Park | |
| 4:30 | VP Open Play Courts 2-5 | VP Open Play Courts 2-5 | VP Open Play Courts 2-5 | VP Open Play Courts 2-5 | VP Open Play Courts 2-5 |
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