

Lara TC Group Class Schedule

	Tuesday	Wednesday	Thursday
9:00 AM		Cardio Tennis (9.00am- 10.00am)	
9:15 AM			
9:30 AM			
9:45 AM			
10:00 AM		Hot Shots Blue Stage (10.00am- 10.30am)	
10:15 AM			
10:30 AM			
10:45 AM			
11:00 AM			
11:15 AM			
11:30AM			
3:30 PM			
3:45 PM			
4:00 PM	Hot Shots Red Stage (4.00pm- 4.30pm)	Hot Shots Red Stage (4.00pm- 4.30pm)	Hot Shots Red Stage (4.00pm- 4.30pm)
4:15 PM			
4:30 PM	Hot Shots Orange Stage (4.30pm- 5.00pm)	Hot Shots Orange Stage (4.30pm- 5.00pm)	Hot Shots Orange Stage (4.30pm- 5.00pm)
4:45 PM			
5:00 PM	Hot Shots Green Stage (5.00pm- 5.45pm)	Hot Shots Green Stage (5.00pm- 5.45pm)	Hot Shots Green Stage (5.00pm- 5.45pm)
5:15 PM			
5:30 PM			
5:45 PM	Teen Tennis (5.45pm- 6.30pm)	Teen Tennis (5.45pm- 6.30pm)	Teen Tennis (5.45pm- 6.30pm)
6:00 PM			
6:15 PM			
6:30 PM		Cardio Tennis (6.30pm- 7.30pm)	
6:45 PM			
7:00 PM			
7:15 PM			
7:30 PM			
7:45 PM			
8:00 PM			
8:30 PM			