HIGH PERFORMANCE WEEKLY SCHEDULE 2016 - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A+B 6:00 - 7:30 AM	A+B 6:00 - 7:30 AM	A+B 6:00 - 7:30 AM	A+B 6:00 - 7:30 AM	A+B 6:00 - 7:30 AM	
A 3:30-5:30	A 4:00-6:00	A 3:30-5:30	A 4:00-6:00		Match Play Level 1 1:00-3:00
F 4:30-5:30	3:00-3:30	F 4:00-5:00	F 3:00-4:00		2:30-3:00
F 5:30 - 6:30	3:30-4:00	5:00-5:30	F 4:00-5:00		Match Play Level 2 3:00-5:00
B 5:30-7:30	F 4:00-5:00	B 5:30-7:30	F 5:30-6:30		3:00-3:30
	F 6:00-7:00		F 6:00-7:00		Match Play Level 3 5:00-7:00

KEY

A	B	A+B	F	M
Tennis (A)	Tennis (B)	Tennis (A+B)	Fitness	Mental