

# HALL OPENING HOURS & TRAINING SESSIONS

*Last Update: January 2024*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00 am	Social Senior Fixtures: 9:00 am to 12:00 pm		Social Senior Fixtures: 9:00 am to 12:00 pm		Social Senior Fixtures: 9:00 am to 12:00 pm	Mini-Juniors: 9:00 am to 10:00 am	Sunday Tournament: 9am onwards.	
9:30 am								
10:00 am								
10:30 am								Junior Training: 10:00 am – 1:00 pm
11:00 am								
11:30 am								
12:00 pm						+ Specialised Training Sessions: 10:00 am – 1:00 pm		
12:30 pm								
1:00 pm		Open Senior Training (self-training): 1:00 to 3:00 pm					Women's Training: 1:00 - 2:30 pm	
1:30 pm						Swish Table Tennis: 1:30 pm – 3:00 pm		
2:00 pm								
2:30 pm								
3:00 pm								
3:30 pm				Mini-Juniors: 3:30 pm to 4:30 pm				
4:00 pm	Junior Training: 4:00 pm – 6:00 pm	Junior Training: 4:00 pm – 6:00 pm Plus Spinneroos: 4:00 pm to 5:00 pm	Junior Training: 4:00 pm – 6:00 pm	Junior Training: 4:00 pm – 6:00 pm	Junior Training: 4:00 pm – 6:00 pm			
4:30 pm								
5:00 pm								
5:30 pm								
6:00 pm	Specialised Training: 6:15 pm to 7:15 pm	Specialised Training: 6:15 pm to 7:15 pm	Specialised Training: 6:15 pm to 6:45 pm	Senior Training: 6:30 - 8:00 pm	Specialised Training: 6:15 pm to 7:15 pm			
6:30 pm								
7:00 pm			Senior Fixtures – 7pm for 7:15 pm start					
7:30 pm								
	Hall Open for casual hit from 3:00 pm to 7:30 pm	Hall Open for casual hit from 1:00 pm to 7:30 pm	Hall Open for casual hit from 3:00 pm to 7:00 pm	Hall Open for casual hit from 3:00 pm to 8:00 pm	Hall Open for casual hit from 3:00 pm to 7:30 pm	Hall Open for casual hit from 9:00 am to 3:00 pm	Hall Open for casual hit from 9:00 pm to 12:00 pm	
Any updates to the weekly operating hours are posted on the Association Facebook page from time to time.								