EL GOUNA TENNIS CLUB

WEEKLY TRAINING SCHEDULE

UPDATED NOVEMBER 2026
Saturday to Thursday
No group sessions on Fridays

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:30 AM	MIXER 8:30–10:30 AM Open to everyone		ADULT TENNIS CLINIC 8:30–10:00 AM		ADULT TENNIS CLINIC 8:30–10:00 AM	
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM	NO SESSIONS · 10:30 AM – 4:00 PM					
4:00 PM	ORANGE 4:00–5:30 PM; GREEN 4:00–5:30 PM	RED 4:00–5:00 PM	RED 4:00–5:00 PM	ORANGE 4:00–5:30 PM; JUNIOR 4:00–5:30 PM	RED 4:00–5:00 PM	RED 4:00–5:00 PM
4:30 PM						
5:00 PM		ORANGE 5:00–6:30 PM; JUNIOR 5:00–6:30 PM	ORANGE 5:00–6:30 PM; GREEN 5:00–6:30 PM		ORANGE 5:00–6:30 PM; GREEN 5:00–6:30 PM	ORANGE 5:00–6:30 PM; JUNIOR 5:00–6:30 PM
5:30 PM	MANARA SCHOOL PRACTICE 5:30–6:30 PM			MANARA SCHOOL PRACTICE 5:30–6:30 PM		
6:00 PM						
6:30 PM	JUNIOR 6:30–8:00 PM	ADULT TENNIS CLINIC 6:30–8:00 PM	JUNIOR 6:30–8:00 PM	ADULT TENNIS CLINIC 6:30–8:00 PM	JUNIOR 6:30–8:00 PM	ADULT TENNIS CLINIC 6:30–8:00 PM
7:00 PM						
7:30 PM						
8:00 PM						

RED — Under 8

Sun Mon Wed Thu	4:00–5:00 PM

ORANGE — Ages 8–9

Sat Tue	4:00–5:30 PM
Sun Mon Wed Thu	5:00–6:30 PM

GREEN — Ages 9–10

Sat	4:00–5:30 PM
Mon Wed	5:00–6:30 PM

JUNIOR — Ages 10–16

Tue	4:00–5:30 PM
Sun Thu	5:00–6:30 PM
Sat Mon Wed	6:30–8:00 PM

ADULT TENNIS CLINIC

Mon Wed	8:30–10:00 AM
Sun Tue Thu	6:30–8:00 PM

MIXER — Open to all

Sat	8:30–10:30 AM

MANARA SCHOOL

Sat Tue	5:30–6:30 PM

Times can change. Please confirm with the welcome office or on WhatsApp +20 128 203 5358

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