# Tennis Avenue Academy: Full-Time Programme - Revised January 2013

| | Monday | | | | Tuesday | | | | Wednesday | | | | Thursday | | | | Friday | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | FT | GCSE | pre-GCSE | Primary | FT | GCSE | pre-GCSE | Primary | FT | GCSE | pre-GCSE | Primary | FT | GCSE | pre-GCSE | Primary | FT | GCSE | pre-GCSE | Primary |
| 08:15-08:30 | | | | | | | | | | | | | | | | | | | | |
| 08:30-08:45 | | | | | | | | | | | | | | | | | | | | |
| 08:45-09:00 | | TOM Maths | | | | | JULIE English | | | TOM Science | | JULIE Nat. Curr | | FREDERIC Spanish | | | | JULIE English | TOM Maths | Activities & Projects |
| 09:00-09:15 | | | | | | | | | | | | | | | | | | | | |
| 09:15-09:30 | | | | | | | | | | | | | | | | | | | | |
| 09:30-09:45 | | | | | | | | | | | | | | | | | | | | |
| 09:45-10:00 | | | | | | | | | | | | | | | | | | | | |
| 10:00-10:15 | | | | | | | | | | | | | | | | | | | | |
| 10:15-10:30 | | TOM Maths | | YASMIN Nat. Curr | | | JULIE English | YASMIN Nat. Curr | | EULALIE French | | JULIE Nat. Curr | | TOM Computer Studies | | FREDERIC Spanish | | JULIE English | TOM Science | Activities & Projects |
| 10:30-10:45 | | | | | | | | | | | | | | | | | | | | |
| 10:45-11:00 | | | | | | | | | | | | | | | | | | | | |
| 11:00-11:15 | | | | | | | | | | | | | | | | | | | | |
| 11:15-11:30 | | | | | | | | | | | | | | | | | | | | |
| 11:30-11:45 | | | | | | | | | | | | | | | | | | | | |
| 11:45-12:00 | | | | | | | | | | | | | | | | | | | | |
| 12:00-12:15 | | | | | | | | | | | | | | | | | | | | |
| 12:15-12:30 | | | | | | | | | | | | | | | | | | | | |
| 12:30-12:45 | | | TOM Maths | YASMIN Nat. Curr | Speed/ Agility | TOM Science | | YASMIN Nat. Curr | | EULALIE French | H'work | | | | FREDERIC Spanish | TOM Computer Studies | | | | |
| 12:45-13:00 | | | | | Core Stability | | | | | | | | | | | | | | | |
| 13:00-13:15 | | | | | | | | | | | | | | | | | | | | |
| 13:15-13:30 | | | | | | | | | | | | | | | | | | | | |
| 13:30-13:45 | | | | | | | | | | | | | | | | | | | | |
| 13:45-14:00 | | | | | | | | | | | | | | | | | | | | |
| 14:00-14:15 | | | | | | | | | | | | | | | | | | | | |
| 14:15-14:30 | | | TOM Science | | | TOM Science | | | | | EULALIE French | | | | TOM Computer Studies | | | | | |
| 14:30-14:45 | | | | | | | | | | | | | | | | | | | | |
| 14:45-15:00 | | | | | | | | | | | | | | | | | | | | |
| 15:00-15:15 | | | | | | | | | | | | | | | | | | | | |
| 15:15-15:30 | Hapkido £5 | Hapkido £5 | TA Special | | | | | | | | | | Stamina Stretching | Stamina Stretching | Stamina Stretching | Stamina Stretching | | | Recovery / Pool | |
| 15:30-15:45 | | | | | | Speed/ Agility | Speed/ Agility | Speed/ Agility | Power/ Strength | | Power/ Strength | Power/ Strength | | | | | | | | |
| 15:45-16:00 | | | | | | Core Stability | Core Stability | Core Stability | Gym | | Band | Band | | | | | | | | |
| 16:00-16:15 | | | | | | | | | | | | | | | | | | | | |
| 16:15-16:30 | | | Hapkido £5 | Hapkido £5 | | | | | | | | | | ALEX History | H'work | H'work | | | | |
| 16:30-16:45 | | | | | | | | | | | | | | | | | | | | |
| 16:45-17:00 | | | | | | | | | | | | | | | | | | | | |
| 17:00-17:15 | Gym | ALEX History | Homework | | | Homework | | | | Power/ Strength | Homework | | | H'work | ALEX History | TBC History | | | Relaxation / Entertainment | |
| 17:15-17:30 | | | | | | | | | | | | | | | | | | | | |
| 17:30-17:45 | | | | | | | | | | Band | | | | | | | | | | |
| 17:45-18:00 | | | | | | | | | | | | | | | | | | | | |
| 18:00-18:15 | | | | | | | | | | | | | | | | | | | | |
| 18:15-18:30 | Spa / Sauna | Dinner / Tidy Up | | | | Dinner / Tidy Up | | | | Dinner / Tidy Up | | | | Dinner / Tidy Up | | | | Dinner / Tidy Up | | |
| 18:30-18:45 | | | | | | | | | | | | | | | | | | | | |
| 18:45-19:00 | | | | | | | | | | | | | | | | | | | | |