

REVISED *Summer* PROGRAMME – 23rd July to 2nd September 2018

MONDAY

CardioTennis
All Levels
10 - 11am

Ladies Coaching
All Levels
11 - 12pm

Adult Coaching
Int / Adv
6 - 7pm



TUESDAY

Ladies Coaching
All Levels
10 - 11.30am

Kids
Cardio Tennis
5 - 6pm

Intermediate
Coaching
6 - 7pm

Mixed
Social
7 - 9pm

WEDNESDAY

Breakfast Tennis
Int/Adv
7 - 8am

Ladies Coaching
All Levels
10 - 11.30am

Beg & Int
Coaching
6 - 7pm

Mixed Match
Practice
7 - 9pm

THURSDAY

Ladies Coaching
All Levels
10 - 11.30am



FRIDAY

Breakfast Tennis
Int / Adv
7 - 8am

Cardio Tennis
All Levels
10 - 11am

Kids
Cardio Tennis
4 - 5pm

Cardio Tennis
All Levels
6 - 7pm

SUNDAY

Cardio Tennis
All Levels
10 - 11am

Mixed
Social
11 - 1pm

