



NEW FREE ADULT MEMBER CLASSES FROM TUES 23rd APRIL 2019

	TENNIS	FITNESS	SQUASH	RACKETBALL
MONDAY	10:30-11:30am Ladies Morning			
	7-9pm Doubles Drills/ Social Matchplay			
TUESDAY	7:30-8:30pm Beginners/ New to Tennis	9.45 – 10.15am Ladies Tone & Tabata		4-5pm All levels welcome
WEDNESDAY	7-8pm Cardio Tennis			
THURSDAY	10-11am Doubles Drills	10-10.30am Ladies Tabata & Tone		
		6-6:45pm Mixed Circuits		
FRIDAY	11-12noon Cardio Tennis			
SATURDAY	1-2pm Adult Club			4-5:30pm Round Robin
SUNDAY	10:30-11:30am Gents Singles		5-7pm All levels welcome	5-6pm All levels welcome