

ADULT COACHING SCHEDULE JAN - MARCH 2017

Course	Level	Time	Venue	Starts	weeks	Cost
Monday						
Group coaching	1	9-10am	Lansdown	9th Jan	10	£90
Group coaching	2	9-10am	Lansdown	9th Jan	10	£90
Coaching Practice	2	10-11am	Lansdown	9th Jan	10	£5/£7 pay & play
Cardio Tennis	any	2-3pm	Lansdown	9th Jan	10	£6/£8 pay & play
Tuesday						
Group coaching	2	9.30-10.30am	Lansdown	10th Jan	10	£90
Wednesday						
Group coaching	1	9.30-10.30am	Lansdown	11th Jan	10	£90
Ball Machine Training	2	10.30-11.30am	Lansdown	11th Jan	10	£5/£7 pay & play
Thursday						
Tennis Xpress	Beginner	9-10am	Lansdown	12th Jan	10	£90
Group coaching	2	10-11am	Lansdown	12th Jan	10	£90
Friday						
Cardio Tennis	any	9.30-10.30am	Lansdown	13th Jan	10	£6/£8 pay & play
Ball Machine Training	1	10-11am	Lansdown	13th Jan	10	£5/£7 pay & play
Matchplay	2	1-3pm	Lansdown	13th Jan	10	£8/£10 pay & play
Saturday						
Group coaching	2	11.30-12.30pm	Lansdown	14th Jan	10	£90
Group coaching	3	11.30-12.30pm	Lansdown	14th Jan	10	£90