

## ADULT COACHING SCHEDULE SEPT - DEC 2016

Course	Level	Time	Venue	Starts	weeks	Cost
<b>Monday</b>						
Group coaching	1	9-10am	Lansdown	12th Sept	10	£80
Group coaching	2	9-10am	Lansdown	12th Sept	10	£80
Coaching Practice	2	10-11am	Lansdown	12th Sept	10	£5/£7 pay & play
Cardio Tennis	any	2-3pm	Lansdown	12th Sept	10	£6/£8 pay & play
<b>Tuesday</b>						
Group coaching	2	9.30-10.30am	Lansdown	13th Sept	10	£80
<b>Wednesday</b>						
Group coaching	1	9.30-10.30am	Lansdown	14th Sept	10	£80
Ball Machine Training	2	10.30-11.30am	Lansdown	14th Sept	10	£5/£7 pay & play
<b>Thursday</b>						
Tennis Xpress	Beginner	9-10am	Lansdown	15th Sept	10	£80
Group coaching	2	10-11am	Lansdown	15th Sept	10	£80
<b>Friday</b>						
Cardio Tennis	any	9.30-10.30am	Lansdown	16th Sept	10	£6/£8 pay & play
Ball Machine Training	1	10-11am	Lansdown	16th Sept	10	£5/£7 pay & play
Matchplay	2	1-3pm	Lansdown	16th Sept	10	£8/£10 pay & play
<b>Saturday</b>						
Tennis Xpress	Beginner	8.30-9.30am	Lansdown	17th Sept	10	£80
Group coaching	2	10.30-11.30am	Lansdown	17th Sept	10	£80
Group coaching	3	11.30-12.30pm	Lansdown	17th Sept	10	£80