## ADULT COACHING @ WOODBRIDGE

## **HAVE FUN, MEET PEOPLE, GET FIT!**

Raise your game - join one of our adult coaching courses.

| DAY       | TIME          | GROUP            | СОАСН  |
|-----------|---------------|------------------|--------|
| Monday    | 11-12pm       | Cardio Tennis ** | Darren |
| Monday    | 2-3pm         | Walking Tennis   | Jon    |
| Tuesday   | 1.30-3pm      | Improvers        | Jon    |
| Wednesday | 9.15-10.45am  | Improvers        | Darren |
| Wednesday | 11am - 1230pm | Pickleball       | Darren |
| Wednesday | 1.30-3pm      | Improver / Club  | Jon    |
| Wednesday | 615pm - 715pm | Pickleball       | Darren |
| Thursday  | 1.30-3pm      | Team Players     | Jon    |
| Thursday  | 6-7pm         | Improvers        | Darren |
| Friday    | 9.15-10.45am  | Improver / Club  | Jon    |
| Friday    | 11.30-12.30pm | Cardio Tennis ** | Darren |

Sign up for 6 sessions \*\* for £60 (Member) or £72 (Non-member) Pay & Play for £12 per session (Member) or £15 (Non-member)

\*\* 6 sessions to be taken within a single term

\*\* PICKLEBALL & CARDIO £10 PER SESSION

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