

Adult Racquets Programme



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Getting Started	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tennis Express			19:00 - 20:00 (T75-80)				

Work Out & Play	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Tennis (includes H&F Members)	09.30 - 10.30 (all standards)	18:00 - 19:00 (all standards)		18:00 - 19:00 (all standards)	09:30 - 10:30 (all standards)	09:00 - 10:00 (all standards)	

Learn & Develop	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Men's Group Coaching	20:00 - 21:00 (T50-65)						
Ladies Group Coaching	19:00 - 20:00 (T50-65)			10:30-11:30 (T65-75))			
Mixed Group Coaching	19:00 - 20:30 (T65-75)	19:00 - 20.30 (T50-65)	10:00 - 11:30 (T65 - 75)		13:30 - 14.30 (T65-75)		10.30 - 11.30 (T65-75)
Badminton coaching (includes H&F Members)	10.00-11.00			19.00-20.00			

Social & Compete	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Club Compete Session					18:30 -20:00 (T50-65)		
Club Social Session			19:00-20:30 (T50-65)	19:00-20:30 (T65-75)		14:00 - 15:30 (T50-65)	

All classes can be booked at Reception T = Class Tencap Rating
