

ADULTS TENNIS CLASS TIMETABLE (18YRS+)



CARDIO TENNIS: is a high energy group fitness session that combines music and tennis with cardiovascular exercise. Delivering the ultimate full body workout

ADULT REFRESHER: Designed to help revisit and reinforce key fundamental tennis skills. Useful for those players who have had previous experience that may not have played for a while or want to brush up on their skills

MID WEEK EVENING DRILLS:
A combination of doubles and drills.
An ideal session for those wanting to improve on their double play

CLUB SOCIAL: A club night that brings members of Broomhall together for an evening of friendly mix in matches. All abilities welcome *register your spot through Broomhall [here](#)

| | | | | | |
|------------|---|---|--|--|--|
| SUN | ADULT REFRESHER 09.00AM - 10.00AM (AT WHITE WALTHAM) MEMBERS: FREE NON MEMBERS: £11.00 | | | | |
| MON | | | | | |
| TUE | | CARDIO TENNIS 12.00PM - 13.00PM (AT BROOMHALL) MEMBERS: FREE NON MEMBERS: £10.00 | | | CLUB SOCIAL MIXED DOUBLES 19.00PM - 21.00PM (AT BROOMHALL) BROOMHALL MEMBERS ONLY: FREE |
| WED | TEAM DRILLS 09.30AM - 11.00AM (AT BROOMHALL) £17.50 PER SESSION *£15.00 FOR 6 SESSIONS ADVANCE TEAM PLAYERS AND INVITE ONLY | ADULT REFRESHER 11.00AM - 12.30PM (AT BROOMHALL) MEMBERS: FREE NON MEMBERS: £12.50 | | | MID WEEK EVENING DRILLS 19.00PM - 20.30PM (AT BROOMHALL) MEMBERS: FREE NON MEMBERS: £12.50 |
| THU | | | | | |
| FRI | ADULT REFRESHER 09.00AM - 10.00AM (AT BROOMHALL) AWBS MEMBERS ONLY * MORE CLASSES AVAILABLE | HOLY TRINITY PARENTS ADULT DRILLS 09.00AM - 10.00AM (AT BROOMHALL) HOLY TRINITY PARENTS ONLY | | | |
| SAT | ADULT REFRESHER 09.00AM - 10.00AM (AT DOUAI PARK) MEMBERS: FREE NON MEMBERS: £11.00 | | | | |



Match Point
Tennis Coaching

*Lessons available as drop in's or Membership (direct debit) from £40.00