


# 'ALL YOU CAN TRAIN'

## PACKAGE

### Adult weekday tennis and exercise schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		
6:30am – 7:30am	<b>Tennis</b> Beginners session	<b>Tennis</b> High intensity hitting session with music	<b>Yoga for Tennis</b> (+ £2)	<b>Tennis</b> High intensity hitting session with music	<b>Yoga for Tennis</b> (+ £2)	<b>Football</b> Ladies football training	<b>Cardio tennis with music</b> Circuit training with tennis elements. <b>All levels.</b>
7:30am – 8:30am	<b>Cardio tennis with music</b> Circuit training with tennis elements. <b>All levels.</b>	<b>Yoga for Tennis</b> (+ £2)	<b>Tennis</b> High intensity hitting session with music	<b>Cardio tennis with music</b> Circuit training with tennis elements. <b>All levels.</b>	<b>Tennis</b> High intensity hitting session with music	<b>Yoga for Tennis</b> (+ £2)	<b>Rocks Lane Running Club</b>
9:15am – 10:15am	<b>Tennis</b> High intensity hitting session with music	<b>Cardio tennis with music</b> Circuit training with tennis elements. <b>All levels.</b>	<b>Tennis</b> High intensity hitting session with music	<b>Cardio tennis with music</b> Circuit training with tennis elements. <b>All levels.</b>	<b>Cardio tennis with music</b> Circuit training with tennis elements. <b>All levels.</b>	<b>General strengthening</b>	<b>Tennis</b> Improver session
10:15am – 11:15am	<b>Tennis technique doctor</b> with video analysis	<b>Netball</b> Ladies netball training	<b>Tennis</b> Beginners session	<b>Football</b> Ladies football training	<b>Tennis</b> Intermediate session	<b>Social tennis</b>	
11:15am – 12:15pm	<b>Tennis</b> Intermediate session	<b>Tennis – Train like a pro</b> Strength & condition	<b>Tennis technique doctor</b> with video analysis	<b>Tennis</b> High intensity hitting session with music	<b>Tennis Express</b> 2 hours intensive beginner tennis session		
12:15pm – 1:15pm	<b>Cardio tennis with music</b> Circuit training with tennis elements. <b>All levels.</b>	<b>NIKE Tennis Tuesday</b> 2 hours social tennis for ladies only	 <b>Tennis</b> Matchplays only	<b>Cardio tennis with music</b> Circuit training with tennis elements. <b>All levels.</b>			
1:15pm – 2:15pm	<b>Tennis</b> Improver session		<b>Tennis technique doctor</b> with video analysis	<b>Tennis</b> Beginners session	<b>Football</b> Ladies football training		

**ONLY £50 / MONTH**

- 39 sessions / week
- free court usage between Monday–Friday 9am–2pm
- 50% discount on private lessons for the family members at off peak times
- please visit our website for our regular tennis programme