



### ADULT COACHING TIMETABLE

Please note classes are subject to change so please call us on 01959 523377 or email us at [sevenoakstennis@gmail.com](mailto:sevenoakstennis@gmail.com) before attending

DAY	TIME	VENUE	LEVEL	COST
Monday	9.00am-10.30am	Hollybush	Beginner/Improver	£10m, £12nm
Tuesday	9.00am-10.00am	Hollybush	CARDIO TENNIS	£6m, £8nm
Tuesday	10.00am-12.00pm	Hollybush	Improver	£11m, £13nm
Tuesday	7.30pm-8.30pm	Kemsing LTC	All standards	£8
Wednesday	10.00am-12.00pm	Hollybush	Experienced	£11m, £13nm
Wednesday	7.30pm-8.30pm	Oxford LTC	All standards	£10m, £13nm
Thursday	9.30am-11.30am	Hollybush	Intermediate	£11m, £13nm
Friday	9.30am-11.30am	Hollybush	Intermediate/Advanced	£11m, £13nm

**CARDIO TENNIS is a high energy class combining fitness with tennis drills**

Classes operate on a pay and play basis with fee payable to the coach each week.

M = members price

Nm = non members price

Membership for an adult individual is £30 per annum