

# ADULT COACHING & CARDIO TENNIS

January – March 2023

Classes start week beginning Monday 9<sup>th</sup> September

There will be **no classes week beginning Monday 13<sup>th</sup> February**

## WEEKLY CLASS TIMETABLE

DAY	TIME	NO. OF WEEKS	SQUAD TYPE	LEVEL	COSTS	
					Members	Non-Members
MON	9.30am – 11.00am	11	Mixed	Improver / Intermediate	£130	£187
	6.00pm – 7.00pm	11	Mixed	Beginner / Improver	£77	£132
	7.00pm – 8.00pm	11	Mixed	Beginner / Improver	£77	£132
	8.00pm – 9.00pm	11	Mixed	Intermediate	£77	£132
	9.00pm – 10.00pm	11	Mixed	Advanced	£77	£132
TUE	10.00am – 11.00am	11	Cardio	All Levels	£77	£132
	11.00am – 12.00pm	11	Mixed	Improver / Intermediate	£77	£132
	6.00pm – 7.00pm	11	Mixed	Beginner	£77	£132
	7.30pm – 8.30pm	11	Mixed	Beginner / Improver	£77	£132
	8.30pm – 9.30pm	11	Mixed	Improver / Intermediate	£77	£132
WED	10.00am – 11.00am	11	Mixed	Improver / Intermediate	£77	£132
	11.00am – 12.00pm	11	Mixed	Improver / Intermediate	£77	£132
	6.00pm – 7.00pm	11	Mixed	Beginner / Improver	£77	£132
THUR	10.30am – 12.00pm	11	Mixed	Improver / Intermediate	£110	£187

## BOOK ONLINE

To book a class please go to: [www.belfastboatclub.com/booking](http://www.belfastboatclub.com/booking)

Please note that payment is due when you sign up.

If you are not sure what class would suit you or if have any other questions, please contact us:

T: 028 9066 5012 E: [info@belfastboatclub.com](mailto:info@belfastboatclub.com)

[www.belfastboatclub.com](http://www.belfastboatclub.com)