

ADULT COACHING TIMETABLE

CLASS/AGE	MON	TUE	WED	THU	FRI	SAT	SUN
Adult Beginner	7pm - 8pm 8pm - 9pm	8pm - 9pm	6pm - 7pm 7pm - 8pm		11am - 12pm	3pm - 4pm	
Adult Improver	6pm - 7pm 7pm - 8pm 8pm - 9pm	7pm - 8pm 8pm - 9pm		6pm - 7pm 7pm - 8pm	1pm - 2pm	3pm - 4pm 4pm - 5pm	
Adult Improver+	6pm - 7pm 7pm - 8pm	7pm - 8pm 8pm - 9pm	7pm - 8pm 8pm - 9pm	7pm - 8pm 8pm - 9pm	12pm - 1pm	4pm - 5pm	2pm - 3pm
Adult Advanced	8pm - 9pm	8pm - 9pm	8pm - 9pm				2pm - 3pm
Ladies Beginner							
Ladies Improver		7pm - 8pm					
Ladies Improver+	10am - 11am				10am - 11am 11am - 12pm		