

Lansdown Squash Court Timetable			
MONDAY	Group Coaching Book direct through Andy Rogers	1800 - 1915	Tim Miller
	Group Coaching Book direct through Andy Rogers	1915 - 2015	Tim Miller
TUESDAY	Squash Club Play Mixed Abilities open to all Club Members	1700 - 1915	Andy Rogers
WEDNESDAY	Dance Fitness Fun and friendly, designed to increase Agility, Flexibility and Strength	0915 - 1015	Karen King
THURSDAY	Junior Coaching (7 to 9 years old) Book direct through Tim Miller	1630 - 1730	Tim Miller
	Junior Coaching (10 years plus) Book direct through Tim Miller	1730 - 1830	Tim Miller
	Squash Club Play Mixed Abilities open to all Club Members	1730 - 1930	Andy Rogers
FRIDAY	Pilates Excellent way to improve Mobility, Flexibility, Strength, and Range of Motion	1000 - 1100	Corinna Bates
	Dance Fitness Fun and friendly, designed to increase Agility, Flexibility and Strength	1200 - 1300	Karen King
SATURDAY	Circuit Training Improve your Squash	1100 - 1145	Jeremy Goulding
SUNDAY	Racketball Club Play Mixed Abilities open to all Club Members	1600 - 1730	Andy Rogers
	Court Sprints A Good Fitness Test and a Great Training Session	1745 - 1830	Jeremy Goulding