

Ready? Play.

Forget doubles -
this triples your fitness fun.

Bounce to the Beat

www.milfordtennisandsquash.com



Burn 600
+
Calories
In 60
mins



Tennis
Inspired
workout
for all
abilities

Book Now

Spring term 2018
Adult Mixed

5 weeks January 11th – February 8th
5 weeks March 1st – March 29th
Thursdays @ 7pm – 8pm

5 weeks January 12th – February 10th
5 weeks March 2nd – March 30th
Fridays 12.30 – 1.30pm

Members 1x5 = £30 – or 2x5 = £50.
Non members 1x5 = £35- or 2x5 = £60.
Per session Members £7 – Non Members £8



Milford Tennis & Squash Club - Lucerne road - Milford on sea - SO41 0PL - Tel: 07793 539 275 - E: coaching@milfordtennisandsquash.net
www.milfordtennisandsquash.net

Since 1927