

Ready? Play.

Forget doubles -
this triples your fitness fun.

Bounce to the Beat

www.milfordtennisandsquash.com.au



Burn 600
+
Calories
In 60
mins



Summer term 2018 Adult Mixed

6 weeks April 12 – May 24

6 weeks June 14 – July 19

Thursdays @ 7pm – 8pm

6 weeks April 13 – May 25

6 weeks June 15 – July 20

Fridays 12.30 – 1.30pm

Members 1x6 = £35 – or 2x5 = £60.

Non members 1x6 = £40 - or 2x5 = £70.

Per session Members £7 – Non Members £8

Week missed
Vets April 16 - 20

Tennis Inspired workout for all abilities

Book Now

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