

Pocklington Tennis Academy Adult Programme

DAY/TIME	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
8 – 8.45AM					CARDIO TENNIS
9 - 10AM	*CARDIO TENNIS	INTERMEDIATE DOUBLES TACTICS		CARDIO TENNIS	
10 - 11AM	**XPRESS **XPRESS PLUS	ADVANCED DOUBLES TACTICS		INTERMEDIATE DRILLS XPRESS	
11 - 12 NOON		ADVANCED DOUBLES TACTICS			
6 - 7PM		***ADVANCED DOUBLES TACTICS	ADVANCED DOUBLES TACTICS	XPRESS PLUS	
7 – 8PM	CARDIO TENNIS				

*** This session takes place between 8.45 and 9.45am**

**** These sessions take place between 9.45 and 10.45am**

***** This session takes place between 6.15 and 7.15pm**