

Programme. Jan - Mar 2023

Monday

2:00 - 3:00pm Intro to Padel 5:00 - 6:00pm **Junior Club (Under 11)** 6:00 - 7:00pm PadelXpress (Entry Level) 7:00 - 8:30pm **Intermediate Matchplay**

all Juniors 1.0 - 1.5 3.0 - 3.5

Tuesday

Intro to Padel 6:00 - 7:00pm **Improver Matchplay** 7:00 - 8:30pm

all 3.0 - 3.5

Wednesday

11:00 - 12:30pm **Social Session (Open to everyone)** 2:00 - 3:00pm Intro to Padel 7:00 - 8:30pm **Cardio Padel**

all all all

Thursday

Intro to Padel 12:00 - 1:00pm Junior Club (11+) 5:00 - 6:00pm PadelXpress (Entry Level) 6:00 - 7:00pm **Intermediate Coaching** 7:00 - 8:30pm **Advanced MatchPlay** 8:30 - 10:00pm

Juniors 1.0 - 1.5 3.0 - 3.54.0 - 4.5

Friday

3:00 - 4:00pm Intro to Padel 5:30 - 7:00pm **Social Session (Open to everyone)** 7:00 - 8:30pm **Intermediate Matchplay**

all all 3.0 - 3.5

Saturday

9:00 - 10:00am Junior Club (Mixed ages) 10:00 - 11:00am PadelXpress (Entry Level) **Improver Coaching** 11:00 - 12:30pm 12:30 - 1:30pm **Intro to Padel**

Juniors 1.0 - 1.5 2.0 - 2.5

all

Sunday

10:30 - 12:00pm 2:00 - 3:00pm

Ladies Social Session Intro to Padel

all all

Don't miss out!

See you on court.