



Commencing Wednesday 13th July  
July

Ladies (Beginner/Intermediate) 7pm-  
8pm

Ladies (Advanced) 8pm-9pm

If you train hard, you'll not only be hard,  
you'll be hard to beat

These Classes Will run for  
4 Weeks

Wed 13th July

Wed 20th July

Wed 27th July

Wed 3rd August

£5 for members/£7 non-members a session

£20/£28 for block booking



**Coached by David Knox (Club Coach)**

07826926076