

Women's Squash Week

mums



Free Taster Sessions

Challenge your friends

Throughout the week, sessions will be run reflecting the key themes which embody the women's game, come along at a time that suit your busy lifestyle.

Get involved and you can learn to play and join your kids on court.

Monday 24 September Total Fitness 10.30 - 11am EMPOWERING

Tuesday 25 September Total Fitness 10.30 - 11am SOCIABLE (RACKETBALL)

Wednesday 26 September Total Fitness 5.30 - 6pm FUN (RACKETBALL)

Thursday 27 September Total Fitness 7 - 8pm INCLUSIVE

Friday 28 September Total Fitness 4 - 5pm LIFELONG

Contact Lisa on 07751 894241