

Mote Ladies

Squash Coaching

***A dynamic, cardio based class for the lady
that wants to play squash!!***

Cardio Workout – Coaching – Matches

Open to all standards

Every Wednesday 7.00 – 8.15pm

Daytime sessions available

Cost £6

***Session led by Steve Franks, Level 3 Kent
County Coach***

***To book contact elsteveo969@hotmail.co.uk
or phone 07855288471***