

HC ADULTS SPORTS & ACTIVITIES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM ACTIVITY						
Strength & Conditioning 7.00am - 7.45am	Cardio Tennis 8.00am - 9.00am	Yoga 8.30am - 9.30am	Tennis Clinic 8.00am - 9.00am	Strength & Conditioning 8.00am - 8.45am	Padel Programme 8.30am - 9.30am 9.30am - 10.30am 10.30am - 11.30am	
	Swim Training 9.00am - 10.00am			Swim Training 9.00am - 10.00am		
	Swimming Lesson 10.00am - 11.00am			Swimming Lesson 10.00am - 11.00am		
	Strength & Conditioning 10.15am - 11.00am			Padel Programme 10.00am - 11.00am		
PM ACTIVITY						
	Yoga 12.30pm - 1.30pm				Squash Socials 12.00pm - 5.00pm	
					Men's Double Tennis Socials 2.00pm - 4.00pm	
Tennis Clinic 7.00pm - 8.00pm 8.00pm - 9.00pm	Cardio Tennis 7.00pm - 8.00pm	Tennis Clinic 7.00pm - 8.00pm	Tennis Clinic 7.00pm - 8.00pm	Ladies Tennis Socials 7.00pm - 10.00pm		
Swim Training 7.30pm - 8.30pm	Squash Socials 7.00pm - 9.00pm	Mixed Double Tennis Socials 8.00pm - 10.00pm	Squash Socials 7.00pm - 9.00pm			
Padel Programme 9.00pm - 10.00pm	Padel Programme 7.00pm - 8.00pm 8.00pm - 9.00pm 9.00pm - 10.00pm	Padel Programme 7.00pm - 8.00pm 8.00pm - 9.00pm 9.00pm - 10.00pm	Padel Programme 7.00pm - 8.00pm 8.00pm - 9.00pm 9.00pm - 10.00pm			



Scan for more information on all Sports & Activities