



**For Juniors aged 12 to 15 years
Tuesday 28th – Friday 31st May, 1 – 4pm**

	Tuesday	Wednesday	Thursday	Friday
1 – 2.30pm	Tennis	Tennis	Tennis	Tennis
2.30 – 3pm	Break – smoothie in the Juice Bar			
3- 4pm	Teen spin	Strength and conditioning Stretch	Strength and conditioning	Yoga
Location	Spin Studio	Gym or Lime Tree Lawn	Gym or Lime Tree Lawn	Gym or Lime Tree Lawn

New half-day teen sports camps are jam-packed with tennis and different fitness sessions. Join us for a range of sports with professional instructors to learn skills, build fitness and make new friends.

Members £40 | Guests £45 (includes smoothie)
Maximum 8 spaces each day

Activity programme subject to change due to availability of coaches and facilities.

Book now at Reception or give the team a call on 020 8480 4200
For more information please contact Ana Leal, Family Activities Manager
at ana.leal@roehamptonclub.co.uk