



# Summer Teen Sports Camps Schedule

## *Monday 20th July to Friday 24th July*

|            | <b>Monday 20th</b>                | <b>Tuesday 21st</b> | <b>Wednesday 22nd</b> | <b>Thursday 23rd</b> | <b>Friday 24th</b>                  |
|------------|-----------------------------------|---------------------|-----------------------|----------------------|-------------------------------------|
| 1–2.30pm   | Tennis<br>Court 6                 | Padel               | Tennis<br>Court 6     | Tennis<br>Court 6    | Tennis<br>Court 6                   |
| 2.30 – 3pm | Break – Juice Bar – Smoothie      |                     |                       |                      |                                     |
| 3 – 4pm    | Strength and Conditioning<br>Ryan | Circuits<br>Roy     | Spin<br>Susanna       | Boxing<br>Donovan    | Strength and Conditioning<br>Jerome |
| Location   | Gym or Outdoor Gym                | Gym or Outdoor Gym  | Spin Studio           | Studio               | Gym or Outdoor Gym                  |