

Pre-Season Training

12 June - 10 September 2017

Prepare for the new season with our highly qualified and experienced Strength and Conditioning coaches

What's included:

3 month gym membership
x2 group training sessions per week
Personal programmes
Fitness tests
Workout classes*
*Badminton & Squash court hire***
Athletics track usage**

Training Times:

Team 1:
Mondays and Wednesdays
8.00pm-9.00pm

Team 2:
Tuesdays 6.00pm-7.00pm
Fridays 6.30pm-7.30pm

£199 per person

*Subject to availability

**Maximum two courts per week

To book: call **01223 336580** or email **enquiries@sport.cam.ac.uk**

