

warm-up    cardio workout    cool-down    energising music

FUN WORKOUT ON THE COURT

# CARDIO TENNIS

**with TTA**  
Traidhos members THB 150  
Guests THB 250

## WEDNESDAYS

### 8.30 to 9.30 am

Followed by tennis tips and fun doubles play

## Just show up!



For more info: [ladel@threegeneration.org](mailto:ladel@threegeneration.org)

<http://tennis.threegeneration.org>