

**NO EXPERIENCE  
NEEDED**

# **NETBALL FITNESS**



For beginners, those who currently play, and those who played at school and want to get back into it.

**GREAT SOCIAL  
OPPORTUNITY TO  
BUILD INDIVIDUAL  
FITNESS AND ENJOY  
PLAYING NETBALL IN A  
TEAM**



Sessions were extremely popular in 2022. Book below or visit our website to avoid disappointment

[hertsandbedsspecialistcoaching.com](https://hertsandbedsspecialistcoaching.com)

**Qualified  
Coaches**

## **HARPENDEN**

KWS Sports Hall  
AL5 5FH  
Wednesdays  
8pm - 9pm

**BOOK NOW**

## **ST ALBANS**

STAHS Sports Hall  
AL1 3SJ  
Thursdays  
7pm - 8pm

**BOOK NOW**

## **CODICOTE**

John Clements Centre  
SG4 8XY  
Thursdays  
7.45pm - 8.45pm

**BOOK NOW**

**£7 a session  
or  
£30 for 5**