**Monday :-** [**https://clubspark.lta.org.uk/MatthewReidCoaching2/Coaching/Course/7149e07b-2835-4f09-a43d-420d06754708**](https://clubspark.lta.org.uk/MatthewReidCoaching2/Coaching/Course/7149e07b-2835-4f09-a43d-420d06754708)

**Friday:-** [**https://clubspark.lta.org.uk/MatthewReidCoaching2/Coaching/Course/980eb2fa-1679-4600-875f-36db0d31ac58**](https://clubspark.lta.org.uk/MatthewReidCoaching2/Coaching/Course/980eb2fa-1679-4600-875f-36db0d31ac58)