



## MID-WEEK PROGRAMME



**Venue: Squash Centre, The Tanglin Club Sports Complex**  
**Coaches: Ibrahim Gul & Waseem Gul – Gul Academy Team (GAT)**

Squash Session	Day	Time	Cost
Adult Training Programme (ATP)	Monday	7.00pm to 8.30pm	\$40 per player
Club Social	Tuesday	6.00pm to 8.00pm	N/A
Ladies Squash Fit Programme (LSFT)	Wednesday	9.00am to 10.30am	\$40 per player
Junior Squash Programme (JSP)	Wednesday	5.00pm to 6.30pm	\$40 per child player
Club Social	Thursday	6.00pm to 8.00pm	N/A

**Head Coach /  
High Performance Coach**

Ibrahim Gul

Mobile: 9181 5829

Email: [i.gulsquash@gmail.com](mailto:i.gulsquash@gmail.com)