Abbeydale Tennis Club Programme

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7.00am					Breakfast Tennis			7.00am
7.30am					7-8am			7.30am
8.00am								8.00am
8.30am								8.30am
9.00am								9.00am
9.30am								9.30am
10.00am	Cardio Tennis	Ladies	Ladies	Ladies	Cardio Tennis			10.00am
10.30am	10-11am	Morning Tennis	Morning Tennis	Morning Tennis	10-11am			10.30am
11.00am		10-11.30am	10-11.30am	10-11.30am				11.00am
11.30am								11.30am
12.00pm								12.00pm
12.30pm								12.30pm
1.00pm								1.00pm
1.30pm						Junior		1.30pm
2.00pm						Social		2.00pm
2.30pm						1.00-4.00pm		2.30pm
3.00pm								3.00pm
3.30pm								3.30pm
4.00pm	Junior		Junior		Junior		Cardio Tennis	4.00pm
4.30pm	Social		Social		Social		4-5pm	4.30pm
5.00pm	3.45-5.15pm		3.45-5.15pm		3.45-5.15pm		Mixed	5.00pm
5.30pm							Social	5.30pm
6.00pm	Intermediate	Intermediate	Beginners		Cardio Tennis		Tennis	6.00pm
6.30pm	+ Advanced	Coaching	Coaching		6-7pm		5-7pm	6.30pm
7.00pm	Coaching	Mixed	Men's					7.00pm
7.30pm		Social	Social					7.30pm
8.00pm		Tennis	Tennis					8.00pm
8.30pm		7-9pm	7-9pm					8.30pm
9.00pm								9.00pm
9.30pm								9.30pm