

TUESDAY

CARDIO TENNIS
9am - 10am
ALL LEVELS
Court: Indoors

ADULT COACHING
10am - 11am
ALL LEVELS
Court: Indoors

ADULT COACHING
6pm - 7pm
ADVANCED
Court: Indoors

WEDNESDAY

BREAKFAST TENNIS
7am - 8am
INT / ADV
Court: Indoors

CARDIO TENNIS
9am-10am
ALL LEVELS
Courts: Indoors

ADULT COACHING
6pm - 7pm
IMPROVERS*
Court: Indoors

ADULT COACHING
6pm - 7pm
INTERMEDIATE
Court: Indoors

THURSDAY

CARDIO TENNIS
9am-10am
ALL LEVELS
Courts: Indoors

ADULT COACHING
10am - 11am
ALL LEVELS
Courts: Indoors

FRIDAY

BREAKFAST TENNIS
7am - 8am
INT / ADV
Courts: Indoors

CARDIO TENNIS
7pm - 8pm
ALL LEVELS
Court: Indoors

SATURDAY

CARDIO TENNIS
7.30-8.30am
ALL LEVELS
Courts: Indoors

*New
Time*

SUNDAY

CARDIO TENNIS
10.30am - 11.30am
ALL LEVELS
Court: Indoors

*New
Time*

CLUB PROGRAMME

Winter 2025

Monday 10th February to Sunday 30th March



ABBEYDALE TENNIS

MONDAY

CARDIO TENNIS
12-1pm
ALL LEVELS
Court: Outdoor

New Group

CARDIO TENNIS
6-7pm
ALL LEVELS
Court: Outdoors

New Group

TUESDAY

CARDIO TENNIS
9am - 10am
ALL LEVELS
Court: Indoors

ADULT COACHING
10am - 11am
ALL LEVELS
Court: Indoors

ADULT COACHING
6pm - 7pm
ADVANCED
Court: Indoors

WEDNESDAY

BREAKFAST TENNIS
7am - 8am
INT / ADV
Court: Indoors

CARDIO TENNIS
9am-10am
ALL LEVELS
Courts: Indoors

ADULT COACHING
6pm - 7pm
IMPROVERS*
Court: Indoors

ADULT COACHING
6pm - 7pm
INTERMEDIATE
Court: Indoors

THURSDAY

CARDIO TENNIS
9am-10am
ALL LEVELS
Courts: Indoors

ADULT COACHING
10am - 11am
ALL LEVELS
Courts: Indoors

FRIDAY

BREAKFAST TENNIS
7am - 8am
INT / ADV
Courts: Indoors

CARDIO TENNIS
7pm - 8pm
ALL LEVELS
Court: Indoors

SATURDAY

CARDIO TENNIS
7.30-8.30am
ALL LEVELS
Courts: Indoors

SUNDAY

CARDIO TENNIS
10.30am - 11.30am
ALL LEVELS
Court: Indoors

CLUB PROGRAMME

Spring / Summer 2025

From Monday 31st March



ABBEYDALE TENNIS