

## MONDAY

**CARDIO TENNIS**  
9am - 10am  
ALL LEVELS  
Coach: James Cousins  
Court: Indoor

**ADULT COACHING**  
10am - 11am  
ALL LEVELS  
Coach: James Cousins  
Court: Indoors

## TUESDAY

**CARDIO TENNIS**  
9am - 10am  
ALL LEVELS  
Coach: Adam Jameel  
Court: Indoors

**ADULT COACHING**  
10am - 11am  
ALL LEVELS  
Coach: Adam Jameel  
Court: Indoors

**ADULT COACHING**  
6pm - 7pm  
ADVANCED  
Coach: James  
Court: Indoors

New Day  
& Time

**CARDIO TENNIS**  
7pm - 8pm  
ALL LEVELS  
Coach: James Cousins  
Court: Indoors

New  
Time

## WEDNESDAY

**BREAKFAST TENNIS**  
7am - 8am  
INT / ADV  
Coach: Adam Jameel  
Court: Indoors

**CARDIO TENNIS**  
9am - 10am  
INT / ADV  
Coach: James Cousins  
Court: Indoors

**COACHED  
MATCHPLAY & SOCIAL**  
10am - 11am  
Coach: James Cousins  
Court: Indoors

1 hour

**ADULT COACHING**  
6pm - 7pm  
BEGINNERS  
Coach: Adam Jameel  
Court: Indoors

**ADULT COACHING**  
6pm - 7pm  
INTERMEDIATE  
Coach: James Cousins  
Court: Indoors

## THURSDAY

**CARDIO TENNIS**  
9am - 10am  
ALL LEVELS  
Coach: James Cousins  
Courts: Indoors

**ADULT COACHING**  
10am - 11am  
ALL LEVELS  
Coach: James Cousins  
Courts: Indoors

**MEMBERS CLUB NIGHT**  
7pm - 9pm  
ALL LEVELS  
Court: Indoors  
First Thursday of Month  
Starting 4<sup>th</sup> October

New  
Day

## FRIDAY

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

**CARDIO TENNIS**  
10am - 11.30am  
ALL LEVELS  
Coach: James  
Court: Indoors

**CARDIO TENNIS**  
6.00pm - 7.00pm  
ALL LEVELS  
Coach: James  
Court: Indoors

## SATURDAY

**CARDIO TENNIS**  
8am - 9am  
ALL LEVELS  
Coach: Adam Jameel  
Courts: Indoors

## SUNDAY

**CARDIO TENNIS**  
10am - 11am  
ALL LEVELS  
Coach: Adam Jameel  
Court: Indoors

# ABBEYDALE TENNIS CLUB CLUB PROGRAMME



## Autumn 2023

Starting Monday 18<sup>th</sup> September