

MONDAY

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

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

TUESDAY

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

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

ADULT COACHING
6pm - 7pm
ADVANCED
Court: Indoors

SOCIAL TENNIS
7pm-9pm
ALL LEVELS
Court: Indoors



WEDNESDAY

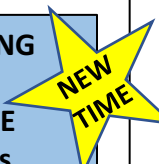
BREAKFAST TENNIS
7am - 8am
INT / ADV
Court: Indoors

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

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

ADULT COACHING
6pm - 7pm
BEGINNERS
Court: Indoors

ADULT COACHING
7pm - 8pm
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
10am - 11.00am
ALL LEVELS
Court: Indoors

CARDIO TENNIS
6.00pm - 7.00pm
ALL LEVELS
Court: Indoors

SATURDAY

CARDIO TENNIS
8am - 9am
ALL LEVELS
Courts: Indoors

SUNDAY

CARDIO TENNIS
10am - 11am
ALL LEVELS
Court: Indoors

SOCIAL TENNIS
11am-1pm
BEGINNERS / IMPROVERS
Court: Indoors



**ABBEYDALE TENNIS
CLUB PROGRAMME**

Autumn / Winter 2024