

## MONDAY

**CARDIO TENNIS**  
9am - 10am  
ALL LEVELS  
Coach: Mat Green  
Court: Outdoors

**ADULT COACHING**  
10am - 11am  
ALL LEVELS  
Coach: Mat Green  
Court: Outdoors

**ADULT COACHING**  
6pm - 7pm  
ADVANCED  
Coach: Mat & James  
Court: Outdoors

## TUESDAY

**CARDIO TENNIS**  
9am - 10am  
ALL LEVELS  
Coach: Adam Jameel  
Court: Carpet 1 & 2

**ADULT COACHING**  
10am - 11am  
ALL LEVELS  
Coach: Adam Jameel  
Court: Carpet 1 & 2

**CARDIO TENNIS**  
6pm - 7pm  
ALL LEVELS  
Coach: James Cousins  
Court: Carpet 1 & 2

## WEDNESDAY

**BREAKFAST TENNIS**  
7am - 8am  
INT / ADV  
Coach: Adam Jameel  
Court: Carpet 1 & 2

**CARDIO TENNIS**  
9am - 10am  
INT / ADV  
Coach: James Cousins  
Court: Carpet 1 & 2

**COACHED  
MATCHPLAY & SOCIAL**  
10am – 11.30am  
Coach: James Cousins  
Court: Outdoors

**ADULT COACHING**  
6pm - 7pm  
BEGINNERS  
Coach: Mat Green  
Court: Carpet 1

**ADULT COACHING**  
6pm - 7pm  
INTERMEDIATE  
Coach: James Cousins  
Court: Carpet 2

**MEMBERS CLUB NIGHT**  
7pm - 9pm  
ALL LEVELS  
Coach: James Cousins  
Court: Outdoor  
Starting 24<sup>th</sup> May

## THURSDAY

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

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

NEW CLASS STARTING 24<sup>th</sup> MAY  
Replacing Adult Coaching

## FRIDAY

**BREAKFAST TENNIS**  
7am - 8am  
INT / ADV  
Coach: Adam  
Courts: Carpet 1 & 2

**CARDIO TENNIS**  
10am – 11.30am  
ALL LEVELS  
Coach: Mat Green  
Court: Carpet 1 & 2

**CARDIO TENNIS**  
6.00pm - 7.00pm  
ALL LEVELS  
Coach: James  
Court: Carpet 1 & 2

## SATURDAY

**CARDIO TENNIS**  
8am - 9am  
ALL LEVELS  
Coach: James Cousins  
Courts: Carpet 1 & 2

## SUNDAY

**CARDIO TENNIS**  
10am – 11am  
ALL LEVELS  
Coach: Adam Jameel  
Court: Carpet 1 & 2

# ABBEYDALE TENNIS CLUB CLUB PROGRAMME



## Spring 2023