

## 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 31<sup>st</sup> March



# ABBEYDALE TENNIS