

MONDAY

CARDIO TENNIS
12-1pm *New*
ALL LEVELS
Court: Outdoors

CARDIO TENNIS
6-7pm *New*
ALL LEVELS
Court: Outdoors

LADIES MATCH
PRACTICE *New*
7-8pm
Court: Outdoors

TUESDAY

CARDIO TENNIS
9am - 10am
ALL LEVELS
Courts: 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

BEGINNERS COURSE
7-8pm *New*
BEGINNERS
Court: Outdoors
Starting 16th March

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
6pm - 7pm
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

BEGINNERS COURSE
11.30-12.30pm
BEGINNERS *New*
Court: Outdoors
Starting 26th April

CLUB PROGRAMME

Spring / Summer 2025

From Monday 31st March



ABBEYDALE TENNIS