

MONDAY

ADULT COACHING
6pm - 7pm
BEGINNERS
Court: Outdoors
Starting 4th August

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

Adult Coaching
7-8pm
BEGINNERS
Court: Outdoors

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

CLUB PROGRAMME

Summer 2025



ABBEYDALE TENNIS