

MONDAY

Cardio Tennis
All Levels
Outdoors
10 – 11am

Mixed Coaching
All Levels
Outdoors
11 - 12pm

TUESDAY

Cardio Tennis
All Levels
Outdoors
9 - 10am

Mixed Coaching
All Levels
Outdoors
10 - 11am

WEDNESDAY

Cardio Tennis
All Levels
Outdoors
9 - 10am

Ladies Coaching
All Levels
Outdoors
10 - 11am

Men's Coaching
All Levels
Outdoors
** 6 – 7pm **

THURSDAY

Ladies Coaching
All Levels
Outdoors
10 - 11am

FRIDAY

Breakfast Fitness
All Levels
Outdoors
** 8 – 9am **

Cardio Tennis
All Levels
Outdoors
10 – 11am

Cardio Tennis
All Levels
Outdoors
** 6 – 7pm **

SUNDAY

Cardio Tennis
All Levels
Outdoors
10 - 11am

**Adult & Teen
Cardio Tennis**
Outdoors
11 – 12pm

**Intermediate /
Advanced**
Outdoors
12 - 1pm

**Beginners
Coaching**
Outdoors
1 - 2 pm

**Intermediate
Coaching**
Outdoors
1 - 2 pm



ABBAYDALE TENNIS CLUB

**ALL INCLUSIVE
PROGRAMME**

**From Wednesday 2nd December
Tier 3 Restrictions**

