

MONDAY

CARDIO TENNIS
9am - 10am
ALL LEVELS
Coach: James Cousins
Court: Indoor

ADULT COACHING
10am - 11am
ALL LEVELS
Coach: James Cousins
Court: Indoors

TUESDAY

CARDIO TENNIS
9am - 10am
ALL LEVELS
Coach: Adam Jameel
Court: Indoors

ADULT COACHING
10am - 11am
ALL LEVELS
Coach: Adam Jameel
Court: Indoors

ADULT COACHING
6pm - 7pm
ADVANCED
Coach: James
Court: Indoors

WEDNESDAY

BREAKFAST TENNIS
7am - 8am
INT / ADV
Coach: Adam Jameel
Court: Indoors

CARDIO TENNIS
9am - 10am
INT / ADV
Coach: James Cousins
Court: Indoors

**COACHED
MATCHPLAY & SOCIAL**
10am - 11am
Coach: James Cousins
Court: Indoors

ADULT COACHING
6pm - 7pm
BEGINNERS
Coach: Adam Jameel
Court: Indoors

ADULT COACHING
6pm - 7pm
INTERMEDIATE
Coach: James Cousins
Court: Indoors

THURSDAY

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

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

FRIDAY

BREAKFAST TENNIS
7am - 8am
INT / ADV
Coach: Adam
Courts: Indoors

CARDIO TENNIS
10am - 11.30am
ALL LEVELS
Coach: James
Court: Indoors

CARDIO TENNIS
6.00pm - 7.00pm
ALL LEVELS
Coach: James
Court: Indoors

SATURDAY

CARDIO TENNIS
8am - 9am
ALL LEVELS
Coach: Adam Jameel
Courts: Indoors

SUNDAY

CARDIO TENNIS
10am - 11am
ALL LEVELS
Coach: Adam Jameel
Court: Indoors

ABBEYDALE TENNIS CLUB CLUB PROGRAMME



Winter 2024