

ABBEYDALE TENNIS CLUB PROGRAMME – FROM MARCH 19

MONDAY

CardioTennis
All Levels
10 -11am

Ladies Coaching
All Levels
11 - 12pm

Adult Coaching
Intermediate
6 - 7pm

Adult Coaching
Intermediate
7 – 8 pm

TUESDAY

Cardio Tennis
Int/Adv
9 - 10am

Ladies Coaching
All Levels
10 - 11.30am

Intermediate
Coaching
6 - 7pm

Mixed
Social
7 - 9pm

WEDNESDAY

Breakfast Tennis
Int/Adv
7 - 8am

Cardio Tennis
Int/Adv
9 - 10am

Ladies Coaching
All Levels
10 - 11.30am

Beg & Int
Coaching
6 - 7pm

Intermediate
Coaching
7 - 8 pm

Men's Match
Practice
7 - 9pm

THURSDAY

Ladies Coaching
All Levels
10 - 11.30am

Ladies Match
Practice
8pm onwards

FRIDAY

Breakfast Tennis
Int / Adv
7 - 8am

Cardio Tennis
All Levels
10 - 11am

Cardio Tennis
All Levels
6 - 7pm

SUNDAY

Cardio Tennis
All Levels
10 - 11am

Mixed
Social
11 - 1pm