



ABBEYDALE TENNIS CLUB ALL INCLUSIVE PROGRAMME



From Monday 29th March 2021

MONDAY

CardioTennis
All Levels
10 - 11am

Mixed Coaching
All Levels
11 - 12pm

Adult Coaching
Int / Adv
6 - 7pm

CardioTennis
New All Levels
6 - 7pm

TUESDAY

Cardio Tennis
Int/Adv
9 - 10am

Ladies Coaching
All Levels
10 - 11am

Mixed Social
6-8pm

WEDNESDAY

Breakfast Tennis
Int/Adv
7 - 8am

Cardio Tennis
Int/Adv
9 - 10am

Ladies Coaching
All Levels
10 - 11.30am

Beginners Coaching
6 - 7pm

Intermediate Coaching
6 - 7pm

THURSDAY

Cardio Tennis
New Int/Adv
9 - 10am

Ladies Coaching
All Levels
10 - 11am

Intermediate Coaching
New 6 - 7pm

FRIDAY

Breakfast Tennis
Int / Adv
7 - 8am

Cardio Tennis
All Levels
10 - 11am

Cardio Tennis
All Levels
6 - 7pm

SUNDAY

Cardio Tennis
Adult & Teens
10 - 11am

Mixed Social
11 - 1pm

TENNIS IS BACK