

MONDAY

CardioTennis
All Levels
Mat
9-10am

Adult Coaching
All Levels
Mat & Mush
10-11am

Int/Adv Coaching
OUTDOORS
Mat
6 - 7pm

CardioTennis
OUTDOORS
Josh
6 - 7 pm
Starting 28th March

TUESDAY

Cardio Tennis
All Levels
Josh & Adam
9 - 10am

Adult Coaching
All Levels
Adam & Mat
10 - 11am

Mixed
Social
7.30 - 9pm

WEDNESDAY

Breakfast Tennis
Int/Adv
Adam
7 - 8am

Cardio Tennis
Int/Adv
Adam & Mat
9 - 10am

Adult Coaching
All Levels
Adam & Mat
10 - 11am

Beginners
Coaching
Mat
6 - 7pm

Intermediate
Coaching
Adam
6 - 7pm

THURSDAY

Cardio Tennis
All Levels
Adam & Mat
9 - 10am

Adult Coaching
All Levels
John & Mat
10 - 11am

Mixed Social
OUTDOORS
From 30th March
2-4pm

FRIDAY

Breakfast Tennis
Int / Adv
Adam
7 - 8am

Cardio Tennis
All Levels
Josh & Adam
10 - 11.30am

Cardio Tennis
All Levels
Adam
6.30 - 7.30pm

SATURDAY

Cardio Tennis
All Levels
Mush
8 - 9am

SUNDAY

Cardio Tennis
All Levels
Adam
11 - 12pm

Mixed
Social
12 - 2pm



ABBEDALE TENNIS CLUB CLUB PROGRAMME

Spring 2022

