

MONDAY

CARDIO TENNIS

9am - 10am

ALL LEVELS

Coach: Mat Green

Court: Outdoors

From 20th March

ADULT COACHING

10am - 11am

ALL LEVELS

Coach: Mat Green

Court: Outdoors

From 20th March

ADULT COACHING

6pm - 7pm

ADVANCED

Coach: Mat Green

Court: Outdoors

From 20th March

TUESDAY

CARDIO TENNIS

9am - 10am

ALL LEVELS

Coach: Adam Jameel

Court: Carpet 1 & 2

ADULT COACHING

10am - 11am

ALL LEVELS

Coach: Adam Jameel

Court: Carpet 1 & 2

CARDIO TENNIS

6pm - 7pm

ALL LEVELS

Coach: Mush Raouf

Court: Carpet 1 & 2

MEMBERS CLUB NIGHT

7pm - 9pm

ALL LEVELS

Coach: Mat Green

Court: Outdoor

Restarting 4th April

WEDNESDAY

BREAKFAST TENNIS

7am - 8am

INT / ADV

Coach: Adam Jameel

Court: Carpet 1 & 2

CARDIO TENNIS

9am - 10am

INT / ADV

Coach: Mat

Court: Carpet 1 & 2

ADULT COACHING

10am - 11am

ALL LEVELS

Coach: Mat

Court: Carpet 1

ADULT COACHING

6pm - 7pm

BEGINNERS

Coach: Mat Green

Court: Carpet 1

ADULT COACHING

6pm - 7pm

INTERMEDIATE

Coach: Adam Jameel

Court: Carpet 2

THURSDAY

CARDIO TENNIS

9am - 10am

ALL LEVELS

Coach: Mat

Courts: Outdoors

From 16th March

ADULT COACHING

10am - 11am

ALL LEVELS

Coach: Mat Green

Courts: Outdoor

From 16th March

SATURDAY

**NEW
TIME**

CARDIO TENNIS

7.30 - 8.30 am

ALL LEVELS

Coach: Mush Raouf

Courts: Carpet 1 & 2

WINTER LEAGUE

Team Matches

1pm - 3pm

TEAM LEVEL ONLY

Court: Outdoor 6 & 7

FRIDAY

BREAKFAST TENNIS

7am - 8am

INT / ADV

Coach: Adam

Courts: Carpet 1 & 2

CARDIO TENNIS

10am - 11.30am

ALL LEVELS

Coach: Mat Green

Court: Carpet 1 & 2

CARDIO TENNIS

6.30pm - 7.30pm

ALL LEVELS

Coach: Mush Raouf

Court: Carpet 1 & 2

SUNDAY

CARDIO TENNIS

10am - 11am

ALL LEVELS

Coach: Adam Jameel

Court: Carpet 1 & 2



ABBEYDALE TENNIS CLUB CLUB PROGRAMME



Spring 2023