

MONDAY

CARDIO TENNIS

9am - 10am

ALL LEVELS

Coach: Mat Green

Court: Bubble 3 & 4

ADULT COACHING

10am - 11am

ALL LEVELS

Coach: Mat & Mush

Court: Bubble 3 & 4

ADULT COACHING

6pm - 7pm

INT / ADV

Coach: Mat Green

Court: Bubble 3 & 4

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

NEW 7pm - 9pm
ALL LEVELS

Coach: Mat Green

Court: Carpet 1 & 2

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 & 2

ADULT COACHING

6pm - 7pm

INTERMEDIATE

Coach: Adam Jameel

Court: Bubble 3 & 4

MEN'S MATCH

SOCIAL NIGHT

NEW 7pm - 9pm

ALL TEAM LEVELS

Courts: Bubble 3 & 4

THURSDAY

CARDIO TENNIS

9am - 10am

ALL LEVELS

Coach: Adam & Mat

Courts: Bubble 3 & 4

ADULT COACHING

10am - 11am

ALL LEVELS

Coach: Mat Green

Courts: Bubble 3 & 4

LADIES MATCH

SOCIAL NIGHT

NEW 6pm - 8pm

ALL TEAM LEVELS

Courts: Bubble 3 & 4

FRIDAY

BREAKFAST TENNIS

7am - 8am

INT / ADV

Coach: Adam

Courts: Carpet 1 & 2

CARDIO TENNIS

10am - 11am

ALL LEVELS

Coach: Adam Jameel

Court: Carpet 1 & 2

CARDIO TENNIS

6.30pm - 7.30pm

ALL LEVELS

Coach: Adam Jameel

Court: Carpet 1 & 2

SATURDAY

CARDIO TENNIS

8am - 9am

ALL LEVELS

Coach: Mush Raouf

Courts: Bubble 3 & 4

WINTER LEAGUE

Team Matches

1pm - 3pm

TEAM LEVEL ONLY

Court: Outdoor 6 & 7

SUNDAY

CARDIO TENNIS

11am - 12noon

ALL LEVELS

Coach: Adam Jameel

Court: Carpet 1 & 2



ABBEYDALE TENNIS CLUB CLUB PROGRAMME

Winter 2022 / 23

