

Liberty Lykia Adult Only

Example Itinerary



Day	Morning	Afternoon	Evening
Saturday - Arrival Day (Arrive Anytime)	Arrival: Fly into Dalaman Airport (DLM). Your confirmed transfer arrangements will be shared before travel.	Check-in: Arrive at Liberty Lykia and settle into your room (check-in available from 14:00). If you have booked a transfer, you will be met at the airport by either the host or our transfer partner. If not, please let your host know your arrival time so they can come and say hello.	Welcome: Our hosts will be at the airport, so they will do their best to say hello when you arrive. Dinner: Your host will confirm the dinner time for guests who have already arrived. This is kept relaxed because attendees arrive at different times and some have had early starts. Late food: For later arrivals, Liberty Lykia has a snack bar open 24 hours a day.
Sunday	07:30-09:25 - Breakfast - Join the group at the Liberty Adult Only Restaurant 09:30-09:55 - Welcome Meeting - Tennis Centre 10:00-12:00 - Tennis Coaching - Rally Rhythm: The Green Zone 12:00-12:15 - Cool Down & Stretch	13:00 - Lunch - Join the group at the Liberty Adult Only Restaurant 16:30-17:00 - Tennis Masterclass - Warming Up to Win 17:00-19:00 - Tennis Doubles Social - Find Your Rhythm (Get tips from your coaches)	20:00 - Meet in the Liberty Adult Only Bar 20:30 - Dinner - Join the group at the Liberty Adult Only Restaurant
Monday	07:30-09:30 - Breakfast - Join the group at the Liberty Adult Only Restaurant 10:00-12:00 - Tennis Coaching - Spanish Drills (Train like the pros) 12:00-12:15 - Cool Down & Stretch	13:00 - Lunch - Join the group at the Liberty Adult Only Restaurant 16:30-17:00 - Tennis Masterclass - Mental Match-play Mastery (Focus, resilience & routines) 17:00-18:00 - Tennis Doubles Social - Serve & Return 18:00-19:00 - Tennis Doubles Social - Mind Over Match (Point play & coaching)	20:00 - Meet in the Liberty Adult Only Bar 20:30 - Dinner - Join the group at the Liberty Adult Only Restaurant

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Day	Morning	Afternoon	Evening
Tuesday	07:30-09:00 - Breakfast - Join the group at the Liberty Adult Only Restaurant 09:30-10:00 - Tennis Masterclass - The Art of the Approach 10:00-12:00 - Tennis Coaching - Transition Triumph (Approach shots & net movement) 12:00-12:15 - Cool Down & Stretch	13:00 - Lunch - Join the group at the Liberty Adult Only Restaurant 17:00-19:00 - Tennis Doubles Social - Continental Cup (Europe vs Rest of World)	20:00 - Meet in the Liberty Adult Only Bar 20:30 - Dinner - Join the group at the Balbura Steak Restaurant* *€50 for non Adult-Only guests
Wednesday	Day Off - Optional Day Trip! Please visit the Active Away Day Off Guides for more information.	Free time for independent activities or relaxation.	Evening at leisure.
Thursday	07:30-09:30 - Breakfast - Join the group at the Liberty Adult Only Restaurant 10:00-12:00 - Tennis Coaching - Doubles Disruption (Unpredictable patterns & creativity) 12:00-12:15 - Cool Down & Stretch	13:00 - Lunch - Join the group at the Liberty Adult Only Restaurant 16:30-17:00 - Tennis Masterclass - Psychology of Doubles (Disrupt, distract, dominate) 17:00-19:00 - Tennis Doubles Social - Disrupt & Dominate	20:00 - Meet in the Liberty Adult Only Bar 20:30 - Dinner - Join the group at the Turkish Restaurant* *€10 additional charge
Friday	07:30-09:00 - Breakfast - Join the group at the Liberty Adult Only Restaurant 09:00-10:30 - Tennis Coaching - Bullseye Battle 10:30-11:00 - Bubbles & Snacks 11:00-13:00 - Tennis Matchplay - Active Away Tour Finals: Legends Classic	13:00 - Lunch - Join the group at the Liberty Adult Only Restaurant 17:00-18:00 - Tennis Exhibition - Coaches Exhibition Match 18:00-19:00 - Presentation	20:00 - Meet in the Liberty Adult Only Bar 20:30 - Dinner - Join the group at the Chinese Restaurant* *€20 additional charge

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Day	Morning	Afternoon	Evening
Saturday - Departure Day (Depart anytime)	Breakfast and check-out: Enjoy breakfast before checking out of Liberty Lykia - hotel check-out is 12:00. Late check-out information will not be available until the day before, so please speak directly with reception.	Departure: Your confirmed airport transfer and pickup details will be shared before travel. If you are making your own arrangements, please tell your host your departure time so they can say goodbye.	Journey home: Depart Dalaman with new memories, new friends and plenty of tennis played.