JA Lakeview

Example Itinerary

activeaway®

Day	Morning	Afternoon	Evening
Saturday - Arrival Day (Arrive anytime)	**Arrival:** Travel to Dubai International Airport (DXB). Please keep an eye on the WhatsApp group for any updates from your host.	**Check-in:** Arrive at JA Lakeview and settle into your room. The hotel will confirm the official check-in time. If you have arranged a transfer, please follow the instructions provided before travel.	**Welcome:** Your host will share a meeting time for everyone who has arrived. **Dinner:** Restaurant TBC. Arrangements will remain flexible because guests may arrive at different times.
Sunday	**07:30-08:30 -** Breakfast - 81 Restaurant *(No reservations)* **08:45-09:00 -** Welcome Meeting - Meet at the Tennis Centre **09:00-11:00 -** Tennis Coaching - Rally Rhythm: The Green Zone **11:00-11:15 -** Cool Down and Stretch - Gentle stretching	**13:00 -** Lunch - Sports Cafe **16:30-17:00 -** Tennis Masterclass - Warming Up to Win **17:00-19:00 -** Tennis Doubles Social - Find Your Rhythm, with tips from your coaches **19:00 -** Meet at the hotel bar - Sports Cafe	**20:30 -** Dinner - Republik BarRestaurant
Monday	**07:30-08:30 -** Breakfast - 81 Restaurant *(No reservations)* **09:00-11:00 -** Tennis Coaching - Spanish Drills: Train Like the Pros **11:00-11:15 -** Cool Down and Stretch - Gentle stretching	**13:00 -** Lunch - Sports Cafe **16:30-17:00 -** Tennis Masterclass - Mental Matchplay Mastery: Focus, Resilience and Routines **17:00-18:00 -** Tennis Doubles Social - Serve and Return **18:00-19:00 -** Tennis Doubles Social - Mind Over Match: Point Play and Coaching **19:00 -** Meet at the hotel bar - Sports Cafe	**20:30 -** Dinner - Sette Restaurant

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Tuesday	**07:30-08:00 -** Breakfast - 81 Restaurant *(No reservations)* **08:30-09:00 -** Tennis Masterclass - The Art of the Approach **09:00-11:00 -** Tennis Coaching - Transition Triumph: Approach Shots and Net Movement **11:00-11:15 -** Cool Down and Stretch - Gentle stretching	**13:00 -** Lunch - Restaurant TBC **17:00-19:00 -** Tennis Matchplay - Active Away Continental Cup: Europe vs Rest of the World **19:00 -** Meet at the hotel bar - Sports Cafe	**20:30 -** Dinner - Tapiera Restaurant
Wednesday - Day Off	**08:00-09:30 -** Breakfast - 81 Restaurant *(No reservations)* **Day Off:** Enjoy a relaxed morning or arrange an optional independent activity. Your host will share suggestions in the WhatsApp group.	**Free time:** Enjoy the resort facilities, relax or explore independently.	**Evening:** Enjoy the resort at your leisure.
Thursday	**07:30-08:30 -** Breakfast - 81 Restaurant *(No reservations)* **09:00-11:00 -** Tennis Coaching - Doubles Disruption: Unpredictable Patterns and Creativity **11:00-11:15 -** Cool Down and Stretch - Gentle stretching	**13:00 -** Lunch - Republik Restaurant **16:30-17:00 -** Tennis Masterclass - Psychology of Doubles: Disrupt, Distract, Dominate **17:00-19:00 -** Tennis Doubles Social - Disrupt and Dominate **19:00 -** Meet at the hotel bar - Sports Cafe	**20:30 -** Dinner - White Orchid Restaurant

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Day	Morning	Afternoon	Evening
Friday	**07:30-08:30 -** Breakfast - 81 Restaurant *(No reservations)* **09:00-10:30 -** Tennis Coaching - Bullseye Battle **11:00-13:00 -** Tennis Matchplay - Active Away Tour Finals: Legends Classic **13:00-13:15 -** Presentation and Week Wrap-up	**13:00 -** Lunch - Restaurant TBC **14:00 -** Depart hotel - Dubai Marina Boat Trip	**22:00 -** Final Group Drinks - Roof Top Bar
Saturday - Departure Day (Depart anytime)	**Breakfast:** Restaurant TBC **Check-out:** Please check out by the time confirmed by the hotel. Your host will share any relevant departure information before travel.	**Departure:** Please allow enough time for your journey to Dubai International Airport and follow your confirmed transfer arrangements.	**Journey home:** Depart Dubai with new memories, new friends and plenty of tennis played.