

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 (<i>No reservations</i>) 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 (<i>No reservations</i>) 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

Day	Morning	Afternoon	Evening
Tuesday	07:30-08:00 - Breakfast - 81 Restaurant (<i>No reservations</i>) 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 (<i>No reservations</i>) 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 (<i>No reservations</i>) 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

Day	Morning	Afternoon	Evening
Friday	07:30-08:30 - Breakfast - 81 Restaurant (<i>No reservations</i>) 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.