

Day	Morning	Afternoon	Evening
Saturday - Arrival Day (Arrive Anytime)	Travel day. Please keep your host updated with your arrival details.	Welcome to Ikos Aria. If you selected an optional Active Away transfer, the journey from Kos Airport. Your host will confirm the journey arrangements before departure. Once you arrive, settle in and begin enjoying the resort at your own pace.	20:30 - Dinner - Flavours
Sunday - Rally Rhythm	Breakfast - Enjoy breakfast at your leisure 09:30 - Welcome Meeting - Meet your host and coaching team in the Lobby Bar 10:00-12:00 - Tennis Coaching - Rally Rhythm 12:00-12:15 - Cool Down & Stretch	13:00 - Lunch - Beach Club 16:30-17:00 - Tennis Masterclass - Warming Up to Win 17:00-19:00 - Tennis Doubles Social - Find Your Rhythm (with coaching tips)	20:00 - Meet in the Lobby Bar 20:30 - Dinner - Oliva
Monday - Mental Matchplay Mastery	Breakfast - Enjoy breakfast at your leisure 10:00-12:00 - Tennis Coaching - Purposeful drills for movement, consistency and pressure patterns 12:00-12:15 - Cool Down & Stretch	13:00 - Lunch - Fresco 16:30-17:00 - Tennis Masterclass - Mental Matchplay Mastery 17:00-18:00 - Tennis Doubles Social - Serve & Return 18:00-19:00 - Tennis Doubles Social - Mind Over Match	20:00 - Meet in the Lobby Bar 20:30 - Dinner - Anaya
Tuesday - Transition Triumph	Breakfast - Enjoy breakfast at your leisure 09:30-10:00 - Tennis Masterclass - The Art of the Approach 10:00-12:00 - Tennis Coaching - Transition Triumph (approach shots and net movement) 12:00-12:15 - Cool Down & Stretch	13:00 - Lunch - La Plage 17:00-19:00 - Active Away Continental Cup - Europe versus the Rest of the World	20:00 - Meet in the Lobby Bar 20:30 - Dinner - Provence

Day	Morning	Afternoon	Evening
Wednesday - Day Off	Day Off - Relax at the resort or explore Kos.	Subject to availability and the resort's driver requirements, the included MINI Countryman Local Drive Adventure is a brilliant way to explore the area.	20:30 - Please arrange your own me directly with the resort.
Thursday - Doubles Disruption	Breakfast - Enjoy breakfast at your leisure 10:00-12:00 - Tennis Coaching - Doubles Disruption (creative patterns and purposeful movement) 12:00-12:15 - Cool Down & Stretch	13:00 - Lunch - Kriti 16:30-17:00 - Tennis Masterclass - Psychology of Doubles 17:00-19:00 - Tennis Doubles Social - Disrupt & Dominate	20:00 - Meet in the Lobby Bar 20:30 - Dinner - Ouzo
Friday - Tour Finals	Breakfast - Enjoy breakfast at your leisure 09:00-10:30 - Tennis Coaching - Bullseye Battle 10:30-11:00 - Bubbles & Snacks 11:00-13:00 - Tennis Tournament - Active Away Tour Finals	13:30 - Lunch - Beach Club 17:00-18:00 - Tennis Exhibition - Coaches' Exhibition Match (not included in the participant tennis total) 18:00 - End-of-week presentation	20:00 - Meet in the Lobby Bar 20:30 - Final Group Dinner - Fresco
Saturday - Departure Day (Depart Anytime)	Enjoy a final breakfast before saying goodbye to the coaches and your fellow players.	Your host will confirm collection details if you selected an Active Away airport transfer. Allow sufficient time for the journey to Kos Airport, plus the appropriate airport check-in time.	Take home new skills, new friendships and plenty of memories from Kos.