

WELCOME TO YOUR ACTIVE AWAY TENNIS & YOGA HOLIDAY!

ENJOY 22.5HRS OF COACHING, DOUBLES PLAY & AN END OF WEEK DAVIS CUP TOURNAMENT CURATED BY LOUIS CAYER (JAMIE MURRAY'S DOUBLES COACH)!
WE HOPE YOU HAVE A FANTASTIC HOLIDAY WITH US & YOU WILL BE WELL LOOKED AFTER BY OUR TEAM.

DAY	MORNING	AFTERNOON	EVENING
Saturday	Arrival - If you've booked a Transfer as part of your package an Active Away Representative will be there to meet you on arrival and it will take 70 Minutes to travel to the hotel. - If you've not booked a Transfer then please contact your host in the WhatsApp group to let them know your arrival time.		
Sunday	08:00 - 08:45 - Yoga - Adjacent to Sentido Pool 07:30 - 08:25 - Breakfast - Join the Group at the Sentido Restaurant (No Reservation Available) 08:30 - 08:55 - Welcome Meeting - At the Tennis Centre 09:00 - 11:00 - Tennis - New Session - Coming Soon 11:00 - 11:15 - Yoga - Cool Down - Tennis Court 1	13:00 - Lunch - Join the Group at the Sentido Restaurant (No Reservation Available) 16:30 - 17:00 - Tennis - New Session - Coming Soon 17:00 - 19:00 - Tennis - New Session - Coming Soon	20:00 - Meet - In the Sentido Pool Bar 20:30 - Dinner - Join the Group at the Sentido Restaurant Restaurant
Monday	07:45 - 08:30 - Yoga - Adjacent to Sentido Pool 07:30 - 08:25 - Breakfast - Join the Group at the Sentido Restaurant - No Reservation available - Join the Coaching Team 08:30 - 08:25 - Tennis Masterclass - New Session - Coming Soon 09:00 - 11:00 - Tennis - New Session - Coming Soon 11:00 - 11:15 - Yoga - Cool Down - Tennis Court 1	13:00 - Lunch - Join the Group at the Sentido Restaurant (No Reservation Available) 17:00 - 19:00 - Tennis - New Session - Coming Soon	20:00 - Meet - In the Sentido Pool Bar 20:30 - Dinner - Join the Group at the Italian A La Carte Restaurant (supplement of €20)
Tuesday	08:00 - 08:45 - Yoga - Adjacent to Sentido Pool 07:30 - 09:50 - Breakfast - Join the Group at the Sentido Restaurant - No Reservation available - Join the Coaching Team 09:00 - 11:00 - Tennis - New Session - Coming Soon 11:00 - 11:15 - Yoga - Cool Down - Tennis Court 1	13:00 - Lunch - Join the Group at the Sentido Restaurant (No Reservation Available) 16:30 - 17:00 - Tennis Masterclass - New Session - Coming Soon 17:00 - 19:00 - Tennis - New Session - Coming Soon	20:00 - Meet - In the Sentido Pool Bar 20:30 - Dinner - Join the Group at the Sentido Restaurant
Wednesday	Day Off - Optional Day Trip - Please visit https://activeaway.com/active-away-day-off-guides/ for more information		Dinner - Please book your own meal, or alternatively join the Coaching Team
Thursday	08:00 - 08:45 - Yoga - Adjacent to Sentido Pool 07:30 - 09:50 - Breakfast - Join the Group at the Sentido Restaurant - No Reservation available - Join the Coaching Team 09:00 - 11:00 - Tennis - New Session - Coming Soon 11:00 - 11:15 - Yoga - Cool Down - Tennis Court 1	13:00 - Lunch - Join the Group at the Sentido Restaurant (No Reservation Available) 16:30 - 17:00 - Tennis Masterclass - New Session - Coming Soon 17:00 - 19:00 - Tennis - New Session - Coming Soon	20:00 - Meet - In the Sentido Pool Bar 20:30 - Dinner - Join the Group at the Turkish A La Carte Restaurant (supplement of €15) Restaurant or The Sentido Restaurant
Friday	07:00 - 07:45 - Yoga - Adjacent to Sentido Pool 07:30 - 09:50 - Breakfast - Join the Group at the Sentido Restaurant - No Reservation available - Join the Coaching Team 09:00 - 13:00 - Tennis - Hopman Cup - Champagne Social Tournament 13:00 - 13:15 - Yoga - Cool Down - Tennis Court 1	13:00 - Lunch - Join the Group at the Sentido Restaurant (No Reservation Available) 15:45 - 16:45 - Yoga - Restorative Deep Relaxing Stretch - Adjacent to Sentido Pool 17:00 - 18:00 - Tennis - Coaches Exhibition Match 18:00 - 18:30 - Presentation	20:00 - Meet - In the Sentido Pool Bar 20:30 - Dinner - Join the Group at the Asian A La Carte Restaurant (supplement of €15) Restaurant
Saturday	Departure - If you've booked a Transfer as part of your package, you will be collected 3.5 Hours before your flight departs. - If you've not booked a Transfer then please Contact your host to let them know your Departure Time, so they can say goodbye!		



19x Astro Turf Courts

70 Minutes from Dalaman
Airport

3x Restaurants

2x Beaches
4x Pools