

WELCOME TO YOUR ACTIVE AWAY TENNIS 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 - 09:25 - Breakfast - Join the Group at the Sentido Restaurant (No Reservation Available) 09:30 - 09:55 - Welcome Meeting - At the Tennis Centre 10:00 - 12:00 - Tennis - Dominate from the Back 12:00 - 12:15 - Yoga - Cool Down - Tennis Court 1	13:00 - Lunch - Join the Group at the Sentido Restaurant (No Reservation Available) 16:30 - 17:00 - Tennis - Find Your Doubles DNA 17:00 - 19:00 - Tennis - Doubles Social - Winners Up / Runner Up Down	20:00 - Meet - In the Sentido Pool Bar 20:30 - Dinner - Join the Group at the Sentido Restaurant Restaurant
Monday	08:00 - 08:45 - Yoga - Adjacent to Sentido Pool 07:30 - 08:25 - Breakfast - Join the Group at the Sentido Restaurant - No Reservation available - Join the Coaching Team 09:30 - 09:55 - Tennis Masterclass - Decision Making at the Net 10:00 - 12:00 - Tennis - Control the Net 12:00 - 12:15 - Yoga - Cool Down - Tennis Court 1	13:00 - Lunch - Join the Group at the Sentido Restaurant (No Reservation Available) 17:00 - 19:00 - Tennis - Doubles Social - American Doubles	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	08:15 - 09:00 - Yoga - Adjacent to Sentido Pool 07:30 - 09:50 - Breakfast - Join the Group at the Sentido Restaurant - No Reservation available - Join the Coaching Team 10:00 - 12:00 - Tennis - How to Break Serve 12:00 - 12:15 - 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 - Starting & Ending Points 17:00 - 19:00 - Tennis - Doubles Social - Battle of the Brits	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	08:15 - 09:00 - Yoga - Adjacent to Sentido Pool 07:30 - 09:50 - Breakfast - Join the Group at the Sentido Restaurant - No Reservation available - Join the Coaching Team 10:00 - 12:00 - Tennis - Power Positions 12:00 - 12:15 - 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 - Active Away Doubles Principles 17:00 - 19:00 - Tennis - Doubles Social - Find a Partner	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	07:15 - 08:00 - 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!		