

APHRODITE HILLS, CYPRUS

ADULT TENNIS HOLIDAY

“ WELCOME TO YOUR ACTIVE AWAY TENNIS HOLIDAY! Enjoy 22.5hrs of Coaching, Doubles Play & an end of week Active Away Cup Tournament curated by Jamie Murray MBE. We hope you have a fantastic holiday with us & you will be well looked after by our Team.



4x Red Clay Courts &
5x Hard Courts



25 Minutes from Paphos Airport



All-Inclusive Board



2x Pools

	MORNING	AFTERNOON	NIGHT
SAT	Arrivals -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 25 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.		
SUN	07:00 - 08:15 → Breakfast - Join the group at the Main Restaurant 08:30 - 09:00 → Welcome Meeting - At the Tennis Centre 09:00 - 11:00 → Tennis - Rally Rhythm: The Green Zone 11:00 - 11:15 → Cool Down & Stretch - Gentle Stretching	13:00 → Lunch - Join the group at the Eleonas Main Buffet Restaurant 15:30 - 16:00 → Tennis Masterclass - Warming Up to Win 16:00 - 18:00 → Tennis - Find Your Rhythm	20:00 → Meet - In the Main Bar 20:30 → Dinner - Join the group at the Eleonas Buffet Restaurant
MON	07:00 - 08:45 → Breakfast - Join the group at the Main Restaurant 09:00 - 11:00 → Tennis - Spanish Drills: Train like the pros 11:00 - 11:15 → Cool Down & Stretch - Gentle Stretching	13:00 → Lunch - Join the group at the Eleonas Main Buffet Restaurant 15:30 - 16:00 → Tennis Masterclass - Mental Matchplay Mastery (Focus, resilience & routines) 16:00 - 17:00 → Tennis - Serve & Return 17:00 - 18:00 → Tennis - Mind Over Match (Point play & coaching)	20:00 → Meet - In the Main Bar 20:30 → Dinner - Join the group at the Fig & Olive Restaurant
TUE	07:00 - 08:45 → Breakfast - Join the group at the Main Restaurant 08:30 - 09:00 → Tennis Masterclass - The Art of the Approach 09:00 - 11:00 → Tennis - Transition Triumph (Approach shots, net movement) 11:00 - 11:15 → Cool Down & Stretch - Gentle Stretching	13:00 → Lunch - Join the group at the Eleonas Main Buffet restaurant 16:00 - 18:00 → Tennis - The Active Away Continental Cup: Europe vs Rest of The World	20:00 → Meet - In the Main Bar 20:30 → Dinner - Join the group at the Eleonas Buffet Restaurant
WED	Day Off → Optional Day Trip! <i>Please visit https://activeaway.com/active-away-day-off-guides/ for more information</i>		
THU	07:00 - 08:45 → Breakfast - Join the group at the Main Restaurant 09:00 - 11:00 → Tennis - Doubles Disruption (Unpredictable patterns & creativity) 11:00 - 11:15 → Cool Down & Stretch - Gentle Stretching	13:00 → Lunch - Join the group at the Eleonas Main Buffet Restaurant 15:30 - 16:00 → Tennis Masterclass - The Psychology of Doubles (Disrupt, distract, dominate) 16:00 - 18:00 → Tennis - Disrupt & Dominate	20:00 → Meet - In the Main Bar 20:30 → Dinner - Join the group at the Pithari Restaurant
FRI	07:00 - 08:45 → Breakfast - Join the group at the Main Restaurant 09:00 - 11:00 → Tennis - Bullseye Battle 11:00 - 13:00 → Tennis - The Active Away Tour Finals: The Legends Classic	13:00 → Lunch - Join the group at the Eleonas Main Buffet Restaurant 17:00 - 18:00 → Tennis Exhibition - Coaches Exhibition Match 18:00 - 19:00 → Presentation	20:00 → Meet - In the Main Bar 20:30 → Dinner - Join the group at the Jasmine Restaurant
SAT	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!		