

# BEACH CLUB, MALLORCA

## 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.

 11x Red Clay Courts

 70 Minutes from Palma Airport

 All-Inclusive Board

 1x Beach and 2x Pools

|     | MORNING                                                                                                                                                                                                                                                                                                                                                                       | AFTERNOON                                                                                                                                                                                                                                                                                           | NIGHT                                                                                                                                                                                          |
|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SAT | <b>Arrivals</b> <ul style="list-style-type: none"><li>-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.</li><li>-If you've not booked a Transfer then please contact your host in the WhatsApp group to let them know your arrival time.</li></ul> |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                |
| SUN | <b>08:00 - 09:25 → Breakfast</b> - Join the group at the Main Restaurant<br><b>09:30 - 09:55 → Welcome Meeting</b> - At the Tennis Centre<br><b>10:00 - 12:00 → Tennis</b> - Rally Rhythm: The Green Zone<br><b>12:00 - 12:15 → Cool Down &amp; Stretch</b> - Gentle Stretching                                                                                               | <b>13:00 → Lunch</b> - Join the group at the Tex Mex Restaurant<br><b>16:30 - 17:00 → Tennis Masterclass</b> - Warming Up to Win<br><b>17:00 - 19:00 → Tennis</b> - Find Your Rhythm                                                                                                                | <b>20:00 → Meet</b> - In the Main Bar<br><b>20:30 → Dinner</b> - Join the group at the Main Restaurant                                                                                         |
| MON | <b>08:00 - 09:30 → Breakfast</b> - Join the group at the Main Restaurant<br><b>10:00 - 12:00 → Tennis</b> - Spanish Drills: Train like the pros<br><b>12:00 - 12:15 → Cool Down &amp; Stretch</b> - Gentle Stretching                                                                                                                                                         | <b>13:00 → Lunch</b> - Join the group at the Tex Mex Restaurant<br><b>16:30 - 17:00 → Tennis Masterclass</b> - Mental Matchplay Mastery (Focus, resilience & routines)<br><b>17:00 - 18:00 → Tennis</b> - Serve & Return<br><b>18:00 - 19:00 → Tennis</b> - Mind Over Match (Point play & coaching) | <b>20:00 → Meet</b> - In the Main Bar<br><b>20:30 → Dinner</b> - Join the group at the Main Restaurant                                                                                         |
| TUE | <b>08:00 - 09:00 → Breakfast</b> - Join the group at the Main Restaurant<br><b>09.30 - 10:00 → Tennis Masterclass</b> - The Art of the Approach<br><b>10:00 - 12:00 → Tennis</b> - Transition Triumph (Approach shots, net movement)<br><b>12:00 - 12:15 → Cool Down &amp; Stretch</b> - Gentle Stretching                                                                    | <b>13:00 → Lunch</b> - Join the group at the Tex Mex restaurant<br><b>17:00 - 19:00 → Tennis</b> - The Active Away Continental Cup: Europe vs Rest of The World                                                                                                                                     | <b>20:00 → Meet</b> - In the Main Bar<br><b>20:30 → Dinner</b> - Join the group at the Main Restaurant                                                                                         |
| WED | <b>Day Off → Optional Day Trip!</b> <i>Please visit <a href="https://activeaway.com/active-away-day-off-guides/">https://activeaway.com/active-away-day-off-guides/</a> for more information</i>                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                |
| THU | <b>08:00 - 09:30 → Breakfast</b> - Join the group at the Main Restaurant<br><b>10:00 - 12:00 → Tennis</b> - Doubles Disruption (Unpredictable patterns & creativity)<br><b>12:00 - 12:15 → Cool Down &amp; Stretch</b> - Gentle Stretching                                                                                                                                    | <b>13:00 → Lunch</b> - Join the group at the Tex Mex Restaurant<br><b>16:30 - 17:00 → Tennis Masterclass</b> - The Psychology of Doubles (Disrupt, distract, dominate)<br><b>17:00 - 19:00 → Tennis</b> - Disrupt & Dominate                                                                        | <b>20:00 → Meet</b> - In the Main Bar<br><b>20:30 → Dinner</b> - Join the group at the Main Restaurant                                                                                         |
| FRI | <b>08:00 - 08:45 → Breakfast</b> - Join the group at the Main Restaurant<br><b>09:00 - 11:00 → Tennis</b> - Bullseye Battle<br><b>11:00 - 13:00 → Tennis</b> - The Active Away Tour Finals: The Legends Classic                                                                                                                                                               | <b>13:00 → Lunch</b> - Join the group at the Tex Mex Restaurant<br><b>17:00 - 18:00 → Tennis Exhibition</b> - Coaches Exhibition Match<br><b>18:00 - 19:00 → Presentation</b>                                                                                                                       | <b>20:00 → Meet</b> - In the Main Bar<br><b>20:30 → Dinner</b> - Join the group for an evening out at an external restaurant (Euphoria)*<br><i>Approximate Cost = €10 Transport + €50 Meal</i> |
| SAT | <b>Departure</b> <ul style="list-style-type: none"><li>- If you've booked a Transfer as part of your package, you will be collected 3.5 hours before your flight departs</li><li>- If you've not booked a Transfer then please contact your host to let them know your departure time, so they can say goodbye!</li></ul>                                                     |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                |