

# SANI BEACH, GREECE

## 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.

 7x Red Clay Courts

 60 Minutes from Thessaloniki Airport

 Full Board

 7x Beaches and 18x Pools

	MORNING	AFTERNOON	NIGHT
<b>SAT</b>	<b>Arrivals</b> - 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 30 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.		
<b>SUN</b>	07:00 - 08:25 → <b>Breakfast</b> - Join the group at the Poseidon Restaurant 08:30 - 09:00 → <b>Welcome Meeting</b> - At the Tennis Centre 09:00 - 11:00 → <b>Tennis</b> - Rally Rhythm: The Green Zone 11:00 - 11:15 → <b>Cool Down &amp; Stretch</b> - Gentle Stretching	13:00 → <b>Lunch</b> - Join the group at the Grill by the Pool Restaurant 14:30 - 15:00 → <b>Tennis Masterclass</b> - Warming Up to Win 15:00 - 17:00 → <b>Tennis</b> - Find Your Rhythm	20:00 → <b>Meet</b> - In the Main Bar 20:30 → <b>Dinner</b> - Join the group at the Market Restaurant
<b>MON</b>	08:00 - 09:30 → <b>Breakfast</b> - At Leisure - We would suggest the Grill, Poseidon or Ammos 10:00 - 12:00 → <b>Tennis</b> - Spanish Drills: Train like the pros 12:00 - 12:15 → <b>Cool Down &amp; Stretch</b> - Gentle Stretching	13:00 → <b>Lunch</b> - Join the group at the Ammos Restaurant 14:30 - 15:00 → <b>Tennis Masterclass</b> - Mental Matchplay Mastery (Focus, resilience & routines) 15:00 - 16:00 → <b>Tennis</b> - Serve & Return 16:00 - 17:00 → <b>Tennis</b> - Mind Over Match (Point play & coaching)	20:00 → <b>Meet</b> - In the Main Bar 20:30 → <b>Dinner</b> - Join the group at the Veranda restaurant
<b>TUE</b>	08:00 - 09:00 → <b>Breakfast</b> - At Leisure - We would suggest the Grill, Poseidon or Ammos 09.30 - 10:00 → <b>Tennis Masterclass</b> - The Art of the Approach 10:00 - 12:00 → <b>Tennis</b> - Transition Triumph (Approach shots, net movement) 12:00 - 12:15 → <b>Cool Down &amp; Stretch</b> - Gentle Stretching	13:00 → <b>Lunch</b> - Join the group at the Psarogiannos Restaurant 15:00 - 17:00 → <b>Tennis</b> - The Active Away Continental Cup: Europe vs Rest of The World	20:00 → <b>Meet</b> - In the Main Bar 20:30 → <b>Dinner</b> - Join the group at the Psarogiannos Restaurant
<b>WED</b>	<b>Day Off</b> → <b>Optional Day Trip!</b> Please visit <a href="https://activeaway.com/active-away-day-off-guides/">https://activeaway.com/active-away-day-off-guides/</a> for more information		
<b>THU</b>	08:00 - 09:30 → <b>Breakfast</b> - At Leisure - We would suggest the Grill, Poseidon or Ammos 10:00 - 12:00 → <b>Tennis</b> - Doubles Disruption (Unpredictable patterns & creativity) 12:00 - 12:15 → <b>Cool Down &amp; Stretch</b> - Gentle Stretching	13:00 → <b>Lunch</b> - Join the group at the Poseidon Restaurant 14:30 - 15:00 → <b>Tennis Masterclass</b> - The Psychology of Doubles (Disrupt, distract, dominate) 15:00 - 17:00 → <b>Tennis</b> - Disrupt & Dominate	20:00 → <b>Meet</b> - In the Main Bar 20:30 → <b>Dinner</b> - Join the group at the Veranda Restaurant
<b>FRI</b>	08:00 - 08:45 → <b>Breakfast</b> - At Leisure - We would suggest the Grill, Poseidon or Ammos 09:00 - 11:00 → <b>Tennis</b> - Bullseye Battle 11:00 - 13:00 → <b>Tennis</b> - The Active Away Tour Finals: The Legends Classic	13:00 → <b>Lunch</b> - Join the group at the Main Restaurant 17:00 - 18:00 → <b>Tennis Exhibition</b> - Coaches Exhibition Match 18:00 - 19:00 → <b>Presentation</b>	20:00 → <b>Meet</b> - In the Main Bar 20:30 → <b>Dinner</b> - Join the group at the Grill by the Pool Restaurant
<b>SAT</b>	<b>Departure</b> - 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!		