

Liberty Lykia, Oludeniz

Itinerary: Yoga + Tennis 13 - 20 April 2019

activeaway

	Day	Date	Morning	Afternoon	Evening
Day 1	Saturday	13/04/19	Arrival - An Active Away Representative will be there to meet you on arrival. It will take approx 60 minutes to travel from the airport to the hotel.	Arrival - An Active Away Representative will be there to meet you on arrival. It will take approx 60 minutes to travel from the airport to the hotel.	Arrival - An Active Away Representative will be there to meet you on arrival. It will take approx 60 minutes to travel from the airport to the hotel.
Day 2	Sunday	14/04/19	07:45 - 08:30am - Yoga - 'Acclimatise' 09:30am - Welcome Meeting - At the Tennis Centre 10:00am - 12:00 - Tennis - 'Cobwebs + Quality Rallying'	12:00 - 12:30 - Yoga - 'After Tennis Cool Down + Stretch' 13:30 - Lunch - Join the coaches in the Sentido Restaurant 17:00 - 19:00 - Tennis - Doubles Social Afternoon with 'top tips' from the coaches	19:45 - Meet in the Sentido Bar 20:00 - Dinner - In the Sentido Restaurant
Day 3	Monday	15/04/19	08:00 - 08:45am - Yoga - 'Rejuvenate' 10:00am - 12:00 - Tennis - 'Doubles Positioning + Approaching the net'	12:00 - 12:30 - Yoga - 'After Tennis Cool Down + Stretch' 13:30 - Lunch - Join the coaches in the Sentido Restaurant 17:00 - 19:00 - Tennis - Doubles Social Afternoon with 'top tips' from the coaches	19:45 - Meet in the Sentido Bar 20:00 - Dinner - In the Italian Restaurant (extra charge of €15)
Day 4	Tuesday	16/04/19	08:00 - 08:45am - Yoga - 'Energise' 10:00am - 12:00 - Tennis - 'Stressbuster - Fast Paced Drills Session'	12:00 - 12:30 - Yoga - 'After Tennis Cool Down + Stretch' 13:30 - Lunch - Join the coaches in the Sentido Restaurant 17:00 - 19:00 - Tennis - Doubles Social Afternoon with 'top tips' from the coaches	19:45 - Meet in the Sentido Bar 20:00 - Dinner - In the Sentido Restaurant
Day 5	Wednesday	17/04/19	Day Off - Optional Day Trip - Your hosts will give you several options	Day Off - Optional Day Trip - Your hosts will give you several options	Dinner - Book your own meal / Join the coaching team
Day 6	Thursday	18/04/19	08:00 - 08:45am - Yoga - 'Control' 10:00am - 12:00 - Tennis - 'Volley + Serve Technique'	12:00 - 12:30 - Yoga - 'After Tennis Cool Down + Stretch' 13:30 - Lunch - Join the coaches in the Sentido Restaurant 17:00 - 19:00 - Tennis - Doubles Social Afternoon with 'top tips' from the coaches	19:45 - Meet in the Sentido Bar 20:00 - Dinner - In the Sentido Restaurant
Day 7	Friday	19/04/19	08:00 - 08:45am - Yoga - 'Focus' 10:00am - 14:00 - Tennis - 'Davis Cup Champagne Social Tournament'	16:30 - 17:15 - Yoga - 'Restorative Yoga Class' 17:30 - 18:30 - Watch - Coaches Exhibition Match 18:30 - 19:00 - Presentation - End of week awards	19:45 - Meet in the Sentido Bar 20:00 - Dinner - In the Asian Restaurant (extra charge of €15)
Day 8	Saturday	20/04/19	Departure - An Active Away Representative will be there to wave you goodbye. Your collection will be approximately 3 hours before your flight time.	Departure - An Active Away Representative will be there to wave you goodbye. Your collection will be approximately 3 hours before your flight time.	Departure - An Active Away Representative will be there to wave you goodbye. Your collection will be approximately 3 hours before your flight time.

This itinerary is subject to change dependent on availability and the weather.
*Extra charge applicable, more info and booking list available at the hotel.

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Tennis Holidays for everyone