

# GÖKHAN DÖNMEZ TENNIS ACADEMY

## AFTER SCHOOL PROGRAMME

## WEEK TRAINING SCHEDULE

	PAZARTESİ MONDAY	SALI TUESDAY	PERŞEMBE THURSDAY	CUMA FRIDAY	CUMARTESİ SATURDAY	PAZAR SUNDAY
17.00-19.15	TENNIS	TENNIS	TENNIS	TENNIS	07.00 08.00 WAKE UP BREAKFAST	WAKE UP BREAKFAST
19.15-20.15	PHYSICAL	BEACH TENNIS	PHYSICAL	PILATES MAT	08.00 09.00 VIDEO ANALYSIS	MENTAL TRAINING
20.30-21.15	LUNCH	LUNCH	LUNCH	LUNCH	09.00 11.15 TENNIS	TENNIS
21.15-22.15	TACTICS BED TIME	ANIMATION BED TIME	VIDEO ANALYSIS BED TIME	ANALYSIS WEEK BED TIME	11.30 12.30 PHYSICAL	PHYSICAL

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