

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 |
| 19.15-20.15 | PHYSICAL | BEACH TENNIS | PHYSICAL | PILATES MAT | 08.00 09.00 | VIDEO ANALYSIS |
| 20.30-21.15 | LUNCH | LUNCH | LUNCH | LUNCH | 09.00 11.15 | TENNIS |
| 21.15-22.15 | TACTICS BED TIME | ANIMATION BED TIME | VIDEO ANALYSIS BED TIME | ANALYSIS WEEK BED TIME | 11.30 12.30 | PHYSICAL |

AFTERNOON PROGRAMME

WEEK TRAINING SCHEDULE

| | PAZARTESİ MONDAY | SALI TUESDAY | PERŞEMBE THURSDAY | CUMA FRIDAY | CUMARTESİ SATURDAY | PAZAR SUNDAY |
|-------------|----------------------|-----------------------|----------------------------|---------------------------|-----------------------|----------------------|
| 13.00-15.15 | TENNIS | TENNIS | TENNIS | TENNIS | 07.00 08.00 | WAKE UP BREAKFAST |
| 15.15-16.15 | PHYSICAL | BEACH TENNIS | PHYSICAL | PILATES MAT | 08.00 09.00 | VIDEO ANALYSIS |
| 17.00-19.00 | TENNIS | TENNIS | TENNIS | TENNIS | 09.00 11.15 | TENNIS |
| 19.15-20.15 | STRETCHING SHOWER | GLIDING SHOWER | STRETCHING SHOWER | STRETCHING SHOWER | 11.30 12.30 | PHYSICAL |
| 20.30-21.00 | LUNCH | LUNCH | LUNCH | LUNCH | | |
| 21.15-22.15 | TACTICS BED TIME | ANIMATION BED TIME | VIDEO ANALYSIS BED TIME | ANALYSIS WEEK BED TIME | | |

Subject to be changed