



# Signature Tennis & Fitness Program

## 3 modalities available:

WEEK	HALF WEEK	DAY
6 days	3 days	1 day
2 h/day Tennis	2 h/day Tennis	2 h/day Tennis
1 h/day Fitness	1 h/day Fitness	1 h/day Fitness
1 Massage session/day	1 Massage session/day	1 Massage session/day
1 Welcome pack	1 Welcome pack	1 Snack/day
1 Snack/day	1 Snack/day	

SIGNATURE TENNIS & FITNESS PROGRAM	Duration	Ratio	External	Guest
	Daily	1:4	220€	198€
	Half week - 3 days	1:4	639€	575€
	1 Week - 6 days	1:4	1.237€	1.137€

## Available for adults only

Group programs are with a ratio of 1:4 (1 court with a maximum of 4 players).

Beginner players must take private lessons. We will assign you an exclusive coach so you can learn at your own pace, without affecting the group's dynamic, and build a solid foundation from the start.

All private tennis lessons and tennis court rentals include 10 minutes of maintenance to ensure that our courts remain in perfect condition.

All our programs have been developed based on an exclusive training system, built on the successful experience gained by Rafa Nadal and his technical team for over 15 years on the professional circuit.

