



# 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 Welcome pack	1 Welcome pack	

	Duration	Ratio	External	Guest
TENNIS & FITNESS PROGRAM	Daily	1:4	140€	126€
	Half week - 3 days	1:4	400€	360€
	1 Week - 6 days	1:4	760€	684€

## Available for ages 10 and above

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.

