

EXEMPLE OF PLAN (CAMP)

BS TENNIS SCHOOL

TENNIS SCHOOL BS

BS	Manday	Tuesday	Wednesday	Thursday	Friday	Saturday	BS
7:00	BREAKFAST						7:00
8:00							8:00
9:00	STRETCHING 30' TENNIS 90'	WARM-UP 30' TENNIS 90'	WARM-UP 30' TENNIS 120' (9:00-11:30)	WARM-UP 30' TENNIS 120' (9:00-11:30)	WARM-UP 30' TENNIS 90'	WARM-UP 30' TENNIS 120' (9:00-11:30)	9:00
10:00							10:00
11:00							11:00
12:00	LUNCH (12:00-14:00)						12:00
13:00							13:00
14:00	TENNIS 120' FITNESS 60' (14:00-17:00)	TENNIS 120' FITNESS 60' (14:00-17:00)	MENTAL TRAINING	BEACH TENNIS OR OTHER SPORTS	TENNIS 120' FITNESS 60' (14:00-17:00)		14:00
15:00			MASSAGE				
16:00							16:00
17:00							17:00
18:00				Stretching			18:00
19:00	DINNER						19:00
20:00	FREETIME ACTIVITIES						20:00
21:00							21:00

PRICE

450€

EXEMPLE OR TRAINING PROGRAM (FULL)

BS *TENNIS SCHOOL*

TENNIS SCHOOL **BS**

	Manday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00							7:00
8:00							8:00
9:00	PRIVATE LESSON (9:00-10:30)	PRIVATE LESSON (9:00-10:30)	PRIVAT LESSON 60' TENNIS 90' (9:00-11:30)	PRIVATE LESSON (9:00-11:00)	PRIVATE LESSON (9:00-10:30)	WARM-UP 30' TENNIS 120' (9:00-11:30)	9:00
10:00							10:00
11:00							11:00
12:00							12:00
13:00							13:00
14:00	TENNIS 90' FITNESS 60' (14:00-17:00)	TENNIS 90' FITNESS 60' (14:00-17:00)	MENTAL TRAINING		TENNIS 90' FITNESS 60' (14:00-17:00)		14:00
15:00			MASSAGE	BEACH TENNIS OR OTHER SPORTS			15:00
16:00							16:00
17:00				Stretching			17:00
18:00							18:00
19:00							19:00
20:00							20:00
21:00							21:00

PRICE

2 700€

BS		TENNIS SCHOOL					TENNIS SCHOOL		BS	
BS		Manday	Tuesday	Wednesday	Thursday	Friday	Saturday	BS		
7:00		36	75	36	36	36	36	7:00		
8:00								8:00		
9:00							TENNIS 120' CLUB de SOL (9:00-11:00)	9:00		
10:00								10:00		
11:00								11:00		
12:00								12:00		
13:00								13:00		
14:00								14:00		
15:00								15:00		
16:00								16:00		
17:00		TENNIS 90' FITNESS 60' (17:00-19:30) R11	PRIVATE LESSON (17:00-18:30) CLUB de SOL	TENNIS 90' FITNESS 60' (17:00-19:30) R11	TENNIS 120' CLUB de SOL (17:00-19:00) (17:00-19:00)	TENNIS 90' FITNESS 60' (17:00-19:30) R11		17:00		
18:00								18:00		
19:00								19:00		
20:00								20:00		
21:00								21:00		
PRICE							255,00 €			

255,00 €