

THE CAMPUS

BE
ELITE

WHATEVER
YOUR LEVEL

ACTIVITIES CALENDAR
FOR NOVEMBER

THE CAMPUS

46.600 M²

of sports facilities dedicated to high performance sports, fitness and wellbeing

A 2 HIGH PERFORMANCE GYMNASIUMS
Fitness and elite performance training for all levels

B SPIN STUDIO
15 high performance interactive spin bikes

C REHABILITATION AND WELLNESS CENTRE
Sports wellness, physiotherapy and rehabilitation

D RECOVERY SUITE
Steam room, sauna, hot and cold plunges

E 25 M HEATED OUTDOOR POOL
Private swim lessons, group training, triathlon event

F PITCH
15x72 metres Desso Grassmaster Hybrid pitch dedicated to team sport training and pre-season preparation

G RUNNING TRACK
650 m track looping the entire grounds, a challenging but fun running circuit

H MULTI-PURPOSE STUDIO
Dedicated space for meetings and presentations

I DANO'S
Unique sports bar and restaurant with live sports, live music and family menu

J TENNIS
4 Full size GreenSet acrylic floodlit hard courts and 2 all weather synthetic floodlit clay courts

K PAVILION
Relaxed courtside refreshments and social hub

L THE BIKE SHED
Pro cycling hub, social spins, bike fitting, apparel hire and purchase

M PADEL
4 Floodlit courts with special shock pad features



JOIN US

	FULL ANNUAL MEMBERSHIP ¹	FULL MONTH MEMBERSHIP ²	DAILY AND WEEKLY PASSES
Full use of The Campus high performance facilities	✓	✓	✓
Access to group fitness classes, including online (see timetable for details)	✓	✓	✓
Access to rackets classes (see timetable for details)	✓		
Free court rentals and discount on private lessons	✓		
Advance booking for group fitness class and court rental*	✓ 5 days prior	✓ 3 days prior	✓ 2 days prior (walk ins welcome depending on availability)
Discount on hire of mountain and road bikes	Up to 30%		
Induction to all facilities and a health assessment	✓	✓	
	€1800 PER YEAR The amount must be paid up front. 1x joint member can be added to a full annual membership with a 25% discount.	€230 FOR 1 MONTH 1 x joint member can be added to a full monthly membership with a 20% discount.	DAY PASS €46 per day WEEKLY PASS €95 - 1 week €140 - 2 weeks €185 - 3 weeks

* Maximum of 2 classes can be booked at anytime per booking request

¹ Valid for 12 months from date of joining.

² Valid for 1 month from date of purchase. Offers available for multiple months.

KIDS MEMBERSHIP

UNDER 10	
✓ Includes access to the swimming pool and play areas while directly supervised by parent or guardian.	
€ WEEKLY	€20 per week
DAILY	€5 per day
AGES 10-16*	
✓ Includes access to the swimming pool, The Campus high performance facilities, (if supervised by parent or guardian and had an induction) and any family group fitness classes.	
€	Kids aged 10 to 15 pay 50% of adult fee.* Kids +16 pay full adult fee.

*Must be linked to a full paying adult and accompanied at all times.

THE BIKE SHED MEMBERSHIP

- Weekly social spins
- Expert advice from elite and world champion cyclists
- Discount of 10% for coaching and bike fitting
- 30% discount on bike hire

€ MONTHLY €125 per month
WEEKLY €50 per weekly

RACKET MEMBERSHIP

- Free rentals
- 30% off tennis and padel private lessons and group classes
- 50% off tournament and round robins

€ €550 PER YEAR

ULTIMATE PADEL MEMBERSHIP

- Free access to adult activities on Padel weekly schedule (see timetable)
- Free court rentals
- 30% discount on private lessons

€ €1000 PER YEAR

ULTIMATE TENNIS MEMBERSHIP

- Free access to adult activities on tennis weekly schedule (see timetable)
- Free court rentals
- 30% discount on private lessons

€ €1000 PER YEAR



ADULT BALLET MASTERCLASSES

The Classic Cechetti Method - 4 weeks masterclass course

REGISTER YOUR PLACE TODAY

4th, 11th, 18th and 25th November, from 15:00 to 16:30

Inspire and be inspired with the classical Cechetti method of ballet. This elaborate, refined and graceful ballet art form will empower your body, improve your poise, posture, and musicality. Open to all including beginners. No experience required just a passion to learn and enjoy.

€ FULL MASTERCLASS
€72 for members €90 for non-members

€ PER MASTERCLASS
€20 for members €25 for non-members

Register your place today at www.thecampusqdl.com

SELF





SPECIALISED TRAINING SESSIONS

Enhance your health with specialised training sessions led by our professional instructors.

Yoga • Pilates • Dance (12 different styles) • Calisthenic Training •
Agility & Speed Training • Meditation • Spine Flexibility • Mobility &
Rehabilitation • Lower Back & Core • Strength and Rehabilitation Training •
Plyometric & Sports Specific Training • Mobility & Fascia Release

BOOK YOUR PLACE TODAY

PERSONAL TRAINING

BECOME THE BEST VERSION OF YOURSELF

Working with a Personal Trainer will ensure you are training in the best and most efficient way for your body. Fully qualified and experienced, your trainer will plan a personalised programme, setting the exercises and resistance levels to your needs, and will be there to motivate and encourage you on your journey to success. Whatever your goal, we'll help you to reach it.

	SINGLE SESSION	4 SESSION COURSE	8 SESSION COURSE
DURATION	⌚ 60 min	⌚ 4 x 60 min	⌚ 8 x 60 min
GOALS	Brief consultation with a professional coach that will guide you through a work out session focusing on your goals.	A more in-depth and progressive approach to develop a training routine that you will be able to follow on your own. Sessions must be completed within 3 months from the date of the first session.	A course of sessions you can use to really make a difference in a short period of time or split over a period of up to 6 months.
PRICE	€60 members €85 non-members	€220 members €320 non-members	€410 members €580 non-members

*Up to two people can share each PT session.

*For non-members, the second person must pay a daily membership fee - which includes full access to the High Performance Campus.

BOOK YOUR SESSION HERE

EVALUATION SERVICES

We also offer a developing range of Personal Evaluation services which includes specific sports tests such as golf movement analysis, VO2max tests, fitness age evaluation and much more.

€ PRICE ON REQUEST

GROUP PERSONAL TRAINING

Group PT sessions can be organised as a single session or an on-going programme. For 3 or more people.

€ PRICE ON REQUEST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEACH BOOTCAMP 08:30 60min Meet at The Shack car park	RHYTHM CYCLE 08:00 45min Cycle studio 1	BOOTCAMP 08:30 60min Meet in the HP Gym	PILATES HIIT 08:00 45min NEW Multipurpose room	BEACH BOOTCAMP 08:30 60min Meet at The Shack car park	HIIT 09:00 45min Studio 2	RHYTHM CYCLE AND CORE 09:00 45min NEW Studio 2
RHYTHM CYCLE 08:30 45min Cycle studio 1	RHYTHM CYCLE & CORE 09:00 45min NEW Cycle studio 1	RHYTHM CYCLE 08:30 45min Cycle studio 1	STRENGTH AND STRETCH 09:00 45min Multipurpose room	RHYTHM CYCLE 08:30 45min Cycle studio 1	EXPRESS BOXFIT 10:00 45min High Performance Gym	RHYTHM CYCLE 10:00 45min Studio 1
POWER CORE CONDITIONING & STRENGTH 09:30 45min Studio 2	HIIT 09:00 45min High Performance Gym	CORE CONDITIONING & STRENGTH 09:30 45min Studio 2	RHYTHM CYCLE 09:00 45min Cycle studio 1	CORE CONDITIONING & STRENGTH 09:30 45min Studio 2	RHYTHM CYCLE 10:00 45min Cycle studio 1	PILATES 10:00 50min NEW Multipurpose room
TABATA 10:30 45min High Performance Gym	EXPRESS BOXFIT 10:30 45min High Performance Gym	PILATES 10:30 50min Multipurpose room	LEGS, BUMS AND TUMS 10:00 45min NEW Studio 2	POWER WORKOUT 10:30 50min NEW Studio 2	PUMP CONDITIONING 10:15 50min Studio 2	BODY CONDITIONING 11:00 45min NEW Studio 2
PILATES 10:30 50min Multipurpose room	BARRE FITNESS 10:00 45min Studio 2	PUMP CONDITIONING 10:30 50min Studio 2	EXPRESS BOXFIT 10:00 45min High Performance Gym	PILATES 10:30 50min Multipurpose room	BOUNCE Mini trampoline workout 11:05 45min Studio 2	YOGA 11:00 60min Multipurpose room
DANCE FUSION 10:30 45min NEW Studio 2	YOGA 10:00 55min NEW Multipurpose room	BOUNCE Mini trampoline workout 11:30 45min Studio 2	YOGA 10:00 55min NEW Multipurpose room	YIN YOGA 11:30 75min NEW Multipurpose room	BREATHE AND STRETCH 11:00 60min Multipurpose room	RELAXATION & MEDITATION 12:00 30min Multipurpose room
MOBILITY AND FASCIA RELEASE 11:30 45min Multipurpose room	YOGALATES 11:00 55min Multipurpose room	YIN YOGA 11:30 75min NEW Multipurpose room	YOGALATES 11:00 55min Multipurpose room	ADULT BALLET MASTERCLASS The Cecchetti Method 15:00 90min Studio 2	GUIDED MEDITATION 12:00 30min Multipurpose room	
BOOTY BURN 17:00 45min Studio 2	GOLF SPECIFIC FITNESS 12:00 40min Studio 2	RHYTHM CYCLE 17:00 45min Cycle studio 1	GOLF SPECIFIC FITNESS 12:00 40min Studio 2	EXPRESS BOXFIT 17:00 45min High Performance Gym		
BALLET FIT 18:00 45min Studio 2	LEGS, BUMS AND TUMS 17:00 45min NEW Studio 2	BARRE FITNESS 18:00 45min Studio 2	RHYTHM CYCLE 17:00 45min Cycle studio 1		NEW TO GROUP FITNESS CLASSES AND UNSURE OF WHAT CLASSES ARE FOR YOU? Book a free group fitness consultation at reception or at campusclasses@quintadolago.com	
DYNAMIC STRETCH AND BALANCE 18:45 45min Studio 2	RHYTHM CYCLE 18:00 45min Cycle studio 1		EXPRESS CARDIO COMBAT 18:15 30min Studio 2			
	PILATES 18:15 45min NEW Multipurpose room					

FITNESS SCHEDULE

This schedule may change according to demand.

Note: please ensure bags and personal belongings are stored in lockers as they are not permitted in the studio and teaching spaces for Health & Safety reasons.

BOOK YOUR CLASS HERE

- FITNESS & STRENGTH CLASSES
- FUNCTIONAL CLASSES
- MIND & BODY CLASSES
- SPECIALIST CLASSES
- MASTERCLASSES - FREE FOR MEMBERS / €15 FOR NON-MEMBERS

SWIMMING





THE **CAMPUS**

TRIATHLON 2022

6TH NOVEMBER

The Quinta do Lago Tri Triathlon event is back. Used by some of the world's top triathletes for training, the course is designed to allow beginner, recreational and elite athletes to test themselves in the beauty and sunshine of the Algarve's Ria Formosa Natural Park. An uplifting way and to challenge yourself and find motivation in the great outdoors, register early and start training with support from experience, professional triathletes.

CATEGORIES

SPRINT MALE & FEMALE

SWIM: 750M / **BIKE:** 20KM / **RUN:** 5KM

SUPER SPRINT MALE & FEMALE

SWIM: 350M / **BIKE:** 10KM / **RUN:** 2.5KM

€25 FOR NON-FEDERATED ATHLETES

€15 FOR FEDERATED ATHLETES

For more information please contact
bikeshed@quintadolago.com

REGISTER NOW



SWIMMING ACADEMY

FOR CHILDREN

BEGINNERS

⌚ 40min

3-5 years • 6-8 years

Classes that enhance a child's development through playful exercises, using specific methods and techniques that promote fun and easy adaptation to the water and pool environment.



Free for annual members

€11 members €16 non-members

INTERMEDIATE

⌚ 40min

8-10 years • 11-14 years

Learn and improve all the skills and techniques required to perform the four swimming strokes. This enables junior swimmers to enjoy the full experience of swimming without limits.



Free for annual members

€11 members €16 non-members

PERSONAL SWIM COACHING

⌚ 60min

For Children

Work with a professional swimming coach to develop a tailor-made plan that monitors and motivates you to get fast results. Attention is paid to the needs and specific objectives of each swimmer.



1 PT Session

€60 members €85 non-members

Pack of 4 PT Sessions

€220 members €320 non-members

Pack of 8 PT Sessions

€410 members €580 non-members

All prices are per person.

BOOK YOUR SESSION HERE



FOR ADULTS

PERSONAL SWIM COACHING

⌚ 60min

For Adults

Work with a professional swimming coach to develop a tailor-made plan that monitors and motivates you to get fast results.

Attention is paid to the needs and specific objectives of each swimmer.



1 PT Session

€60 members €85 non-members

Pack of 4 PT Sessions

€220 members €320 non-members

Pack of 8 PT Sessions

€410 members €580 non-members

All prices are per person.

TRISWIM

⌚ 60min

+15 years Group split into two levels.

For swimmers who are more ambitious and intend to go further. Focusing on specific drills, training methods and performance technique. To build up to competitive participation on swimming or triathlon events.



Free for annual members

€11 members €16 non-members

SWIM, CYCLE, RUN

⌚ 90min

+15 years

Focusing on transitions between sports this training is designed for athletes who want to achieve the next level on triathlon.



Free for annual members

€11 members €16 non-members

All prices are per session, per person.

BOOK YOUR SESSION HERE

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
<div>TRISWIM</div> <div>10:00 60min</div>	<div>KIDS BEGINNERS</div> <div>16:00 40min</div>	<div>OPEN WATER</div> <div>At the Lake</div> <div>09:00 60min</div>	<div>SWIM, CYCLE, RUN</div> <div>At the Lake</div> <div>10:00 120min</div>
<div>ADULTS SWIM</div> <div>12:00 60min</div>	<div>KIDS INTERMEDIATE</div> <div>16:50 40min</div>	<div>ADULTS SWIM</div> <div>12:00 60min</div>	<div>KIDS BEGINNERS</div> <div>16:00 40min</div>
<div>TRIATHLON FOR KIDS</div> <div>17:30 90min</div>		<div>TRIATHLON FOR KIDS</div> <div>17:30 90min</div>	<div>KIDS INTERMEDIATE</div> <div>16:50 40min</div>

TRIATHLON & SWIMMING SCHEDULE

This schedule may change according to demand.

BOOK YOUR SWIMMING SESSION

- +15 YEARS OLD
- ADULTS
- CHILDRENS

TRAIL CYCLING



HIGHLIGHT OF THE MONTH



100KM CHALLENGE

19th November at 09:00

Take part in our 100km Challenge and experience the Algarve's ultimate cycling destination. Enjoy the great views of the countryside as you cycle from The Campus to Quinta do Freixo.

€16 per person



BOOK YOUR PLACE

THE BIKE SHED SERVICES

BIKE RENTALS	HALF DAY	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS
CARBON ROAD BIKE*	-	€50	€100	€135	€170	€200	€225	€245
MOUNTAIN BIKE*	€26	€42	€72	€98	€124	€140	€151	€162
EXTRA DAY*	€26							

*Helmets and pedals are included. Garmin stand not included.

CYCLING SOCIAL SPINS

Discover the best of the stunning Algarve coastline or emerge into the countryside of the Algarve for the more challenging routes. Guided group rides for road cycling include our Easy level which has an average speed of 24km to 27km per hour and our Advanced level has an average speed of over 26k per hour.

1 Spin	€16
€ Pack 10 Spins	€110

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADVANCED LEVEL	EASY LEVEL	ADVANCED LEVEL	EASY LEVEL	MEDIUM / ADVANCED LEVEL
09:00	09:00	09:00	09:00	09:00
80 - 90 KM	50 - 60 KM	80 - 90 KM	50 - 60 KM	80 - 120 KM
3 - 4 hours	2 - 2.5 hours	3 - 4 hours	2 - 2.5 hours	3 - 4 hours
1000m elevation	200 - 600m elevation	1.000m elevation	200 - 600m elevation	500 - 1000m elevation

SERVICES

Private Guided Cycle (max 5 persons)	€85 1h-3,5h	€120 4h+
Performance Coaching	€125	Per month
Beginners Guided Cycle		€70

BOOK YOUR SESSION HERE

BIKE ADVENTURES



N2 ROUTE

A 6-day challenge to cross Portugal from south to north. Setting off in Faro and finishing 750 km north in Chaves, this adventure includes accommodation, meals, transportation and much more.



ACROSS ALGARVE MTB TOUR

A 6-day along 300 km, crossing the Algarve from east to west, starting in Alcoutim and finishing in St. Vicent's Cape. The group will ride along the Via Algarviana road located on the mountains that split Algarve from Alentejo. With big climbs, this ride will take you to magnificent views of the Algarve's countryside.



DISCOVER ALGARVE RIDES

The social spins take place every 3 weeks. In each tour we stop at local heritage and historical sites, visit wineries and explore touristic routes. Includes lunch at a traditional Portuguese restaurant.



EAST PORTUGAL RIDE

Stage ride starting from Estremoz to The Campus.



THE CAMPUS 3 PEAKS CHALLENGE

The Campus 3 Peaks Challenge is a cycling festival which all participants climb the three highest points of the Algarve.

[DISCOVER MORE](#)

RACQUET SPORT



JOIN US



BE ELITE, WHATEVER YOUR LEVEL

Be part of our community of sports lovers and wellness champions. Choose from our racket, tennis ultimate or padel ultimate membership and start using our state-of-the-art facilities. You'll have access to free court rentals, adult activities, discount on tournaments, private / group classes and much more!

BOOK YOUR PLACE TODAY

THE **CAMPUS**

THE CAMPUS TENNIS

19TH NOVEMBER - STAGE VII

This 7 stage doubles-only tournament will lead to the masters final to be held at The Campus' world-class acrylic and clay courts, with prizes at every stage of the competition. Each stage will be sponsored by one of Quinta do Lago's restaurants. At the end of the stages, we will summarise the points achieved in each stage to decide who plays in the Masters final stage.

SEE OUR CALENDAR & STAGES' SPONSORS:

STAGE VII - Clubhouse N&S | 19th November

MASTERS (FINAL) - Dano's | 17th December

REGISTER YOUR TEAM TODAY





TENNIS ACADEMY

KEEP PRACTISING YOUR PASSION

At The Campus, everyone is supported to achieve their dreams. That's why we've created the Tennis Academy, especially to support and coach young people to succeed in their favourite sport.

Open to players from age 4 to 18, the Tennis Academy focuses on two crucial areas of training: development and performance. With expert coaching, young players are taught to cultivate their passion for the sport, train with discipline and resilience and, above all, have fun.

TENNIS FEE SHEET

RENTALS

Tennis Court	€32
Pack 5 Hours	5% discount per hour
Pack 10 Hours	10% discount per hour

TOURNAMENTS & ROUND ROBINS

Members	€7.5
Non-Members	€15

PRIVATE LESSONS

Up To 2 Players	€67.50
3 Players	€78
4 Players	€88
Pack 5 Lessons	5% discount
Pack 10 Lessons	10% discount
Lesson with Head Coach	€75

RENTALS & SERVICES

Racket Rental	€6
Racket Stringing - Standard	€25
Racket Stringing - Premium	€31
Stringing Only	€15.50

GROUP COACHING

Adults	€26
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CARDIO TENNIS

Members	€16
Non-Members	€27

HAPPY HOUR

EVERY DAY 13:00 - 16:00

€10 discount on rentals & private lessons* (only valid for guests)

** Adult group coaching is complimentary for Annual Members*

RACKET MEMBERSHIP

- Free rentals
- 30% off tennis and padel private lessons and group classes
- 50% off tournament and round robins

€ €550 PER YEAR

ULTIMATE TENNIS MEMBERSHIP

- Free access to adult activities on tennis weekly schedule (see timetable)
- Free court rentals
- 30% discount on private lessons

€ €1000 PER YEAR

PACKAGES FOR ADULTS

WEEKLY INTENSIVE TRAINING

Includes one morning group activity and a 1-hour private afternoon session every day Mon-Sat. €449

Assesment required.

🕒 Available from Monday to Saturday.

WEEKLY CLUB TRAINING

Play in one morning scheduled group activity every day per week. *Assesment required.* €135

🕒 *Classes included: Shot of the Week, Cardio Tennis, Tennis Tactics, Doubles Strategy and Open Doubles.*

WEEKLY OPEN TRAINING

Access to four weekly scheduled classes per week. €85

🕒 *Classes included: Shot of the Week, Tennis Tactics, Doubles Strategy and Open Doubles.*

BOOK YOUR PACK HERE

JUNIOR ACADEMY

Perfect for young tennis players who want to develop their tennis skills, make friends and have fun down on The Campus premium tennis courts.

TINY REDS	Ages 4-6
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ROOKIE ORANGES	Ages 7-8
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GREEN STARS	Ages 9-10
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JUNIOR DEVELOPMENT	Ages +11
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JUNIOR GROUP COACHING	€21
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PACKAGE GREEN STARS	€90
+ JUNIOR DEVELOPMENT	
+ JUNIOR ROUND ROBIN TOURNAMENT	





PADEL ACADEMY

THE THRILL OF PLAYING A SPORT YOU LOVE

Experience the amazing game of Padel with The Campus Padel Academy! The incredible facilities of The Campus offer players of all ages and levels access to professional Padel courts, equipped with the latest carpet technology, special shock-pad features and court floodlights. On these incredible playing surfaces, you can have 1:1 coaching, play friendly games and even take part in social and interclub (Level 2) tournaments. Whether you are looking to learn the rules of the game, improve your performance, or simply want to enjoy the thrill of playing a sport you love, you are welcome at The Campus Padel Academy.

PADEL FEE SHEET

RENTALS

Padel Court	€32
Pack 5 Hours	5% discount per hour
Pack 10 Hours	10% discount per hour

TOURNAMENTS

Members	€7.5
Non-Members	€15

PRIVATE LESSONS

Up To 2 Players	€67.50
3 Players	€78
4 Players	€88
Pack 5 Lessons	5% discount
Pack 10 Lessons	10% discount
Lesson with Head Coach	€75

RACKET RENTALS

Regular Racket	€6
Premium Racket	€12

GROUP COACHING

Adults 60min	€16
Adults 90min	€21
Juniors 60min	€16

HAPPY HOUR

EVERY DAY 13:00 - 16:00

€10 discount on rentals & private lessons* (only valid for guests)

** Adult group coaching is complimentary for Annual Members*

RACKET MEMBERSHIP

- Free rentals
- 30% off tennis and padel private lessons and group classes
- 50% off tournament and round robins

€ €550 PER YEAR

ULTIMATE PADEL MEMBERSHIP

- Free access to adult activities on Padel weekly schedule (see timetable)
- Free court rentals
- 30% discount on private lessons

€ €1000 PER YEAR

PACKAGES FOR ADULTS

PADEL WEEKLY TRAINING

Includes 4 adult group scheduled activities, 1 private session and 1 hour of court rental per week. €125

- ⌚ Available from Monday to Saturday. *Classes & tournaments included: Shot of the Week, Padel Training (level 2/3), Match & Tactis (level 2/3), Match with Coach, Grand Prix and Padel League.*

PADEL WEEKEND TRAINING

Access to 1 adult group scheduled activity, 1 private session and 1 hour of court rental. €95

- ⌚ Available from Friday to Sunday. *Tournament included: Padel League.*

BOOK YOUR PACK HERE

JOIN OUR PADEL LEAGUE Open to levels 2, 3 and 4

RULES

1. Sign up as a pair or contact us directly to find a partner;
2. Sign up without a partner / pair does not count as a slot used;
3. If there is a team with 2 different levels the team need to play the higher level;
4. The team/person who wins 2 tournaments or reaches 3 finals moves up to the next level;
5. If anyone doesn't know there level, contact the Head Coach for an assessment.

FORMAT

Winter Season - November to March

Max.16 players - 2 groups
Round Robin on Group Stage
Semi Final/Final
Draw B
Weekly Prizes

Summer/Spring Season - April to November

Max. 20 players - 2 groups
Semi Final/Final
Draw B
Weekly Prizes

POINTS & PRIZES	LEVEL 4	LEVEL 3+	LEVEL 3	LEVEL 2
WINNER	10	25	18	50
YEAR END PRIZES	3 month Racket Membership	3 month Full Membership	6 month Full Membership	1 year Full Membership
RUNNER UP	5	20	12	30
YEAR END LEAGUE PRIZES	1 month Racket Membership	1 month Full Membership	3 month Full Membership	6 month Full Membership

TENNIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHOT OF THE WEEK 10:00 - 11:00	CARDIO TENNIS 10:00 - 12:00	TENNIS TACTICS 10:00 - 11:00	CARDIO TENNIS 10:00 - 12:00	DOUBLES STRATEGY 10:00 - 11:00	ROOKIE ORANGES 09:00 - 10:00
TINY REDS 17:00 - 18:00	JUNIOR PERFORMANCE 17:00 - 19:00	TINY REDS 17:00 - 18:00	JUNIOR PERFORMANCE 17:00 - 19:00	JUNIOR PERFORMANCE 16:00 - 18:00	TINY REDS 10:00 - 11:00
STAR GREENS 17:00 - 18:30		STAR GREENS 17:00 - 18:30	OPEN DOUBLES 18:00 - 20:00	STAR GREENS 17:00 - 18:30	OPEN DOUBLES 10:00 - 12:00
JUNIOR PERFORMANCE 17:30 - 19:30		JUNIOR PERFORMANCE 17:00 - 19:00		JUNIOR DEVELOPMENT 18:30 - 20:00	
ROOKIE ORANGES 18:00 - 19:00		ROOKIE ORANGES 18:00 - 19:00			
JUNIOR DEVELOPMENT 18:30 - 20:00		JUNIOR DEVELOPMENT 18:30 - 20:00			
		MIX TRAINING 19:00 - 20:00			

TENNIS & PADEL SCHEDULE

Courts available for rental 7 days a week.
This schedule may change according to demand.

*Please note that the weekly tennis activities will take priority over all courts and bookings.

STAY UPDATED WITH ANY CHANGES TO OUR SCHEDULES HERE

- BOOK TENNIS
- BOOK PADEL

PADEL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SHOT OF THE WEEK 11:00 - 12:00	PADEL TRAINING (LEVEL 4) 10:00 - 11:30	PADEL TRAINING (LEVEL 3) 10:00 - 11:30	MATCH AND TACTIS (LEVEL 3/4) 10:00 - 11:30	PADEL TRAINING (LEVEL 4) 10:00 - 11:30	PADEL KIDS (AGES 6-14) 10:00 - 11:00	PADEL TRAINING (LEVEL 4) 10:00 - 11:30
MATCH AND TACTICS (LEVEL 2) 17:00 - 18:30	THE CAMPUS LEAGUE (LEVEL 4) 17:00 - 18:30	LADIES PADEL TRAINING 16:00 - 17:30	PADEL TRAINING (LEVEL 3) 17:00 - 18:30	INTER CLUB PADEL TRAINING 18:30 - 20:00	ORGANISED GAMES FOR ALL 11:00 - 13:00	
PADEL MIX - ROUND ROBIN 18:30 - 20:30	THE CAMPUS LEAGUE (LEVEL 3) 18:30 - 20:30	GRAND PRIX 18:30 - 20:30	THE CAMPUS LEAGUE (LEVEL 2) 18:30 - 20:30			

Classes & activities included in The Campus memberships:

- ANNUAL MEMBERSHIP
- ULTIMATE PADEL MEMBERSHIP
- ULTIMATE TENNIS MEMBERSHIP
- CLASSES FOR JUNIORS ONLY
- TOURNAMENTS NOT INCLUDED IN ANY OF ABOVE MEMBERSHIPS

SPORTS, WELLNESS & REHABILITATION



MASSAGES, REHABILITATION TREATMENTS & WELLNESS

SPORTS MASSAGE

50 min	€77.50
75 min	€113.50

DEEP TISSUE

50 min	€77.50
75 min	€113.50

SWEDISH

50 min	€72.50
75 min	€108

BACK, NECK & SHOULDERS

25 min	€46.50
40 min	€56.50

PHYSIOTHERAPY EVALUATION

It's required an initial appointment to evaluate your condition and needs.	€36
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PHYSIOTHERAPY SESSIONS

50 min	€92.50
75 min	€124

PHYSIOTHERAPY PACKAGES

- Injury Prevention
- Performance
- Surgery Rehabilitation
- Cardiopulmonary Rehabilitation

- Rehabilitation
- Pre-Surgery Specific
- Postural Correction

Note: Physiotherapy packages must be used within 30 days.

50 min	8 Sessions	€696
50 min	12 Sessions	€1032

LYMPHATIC DRAINAGE

50 min	€72
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MESOTHERAPY

Per Session	€62
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TERMS & CONDITIONS

Evaluation is free for children under 5, subject to availability · Juniors under 18 have 50% discount on treatments; (subject to availability and not applicable in April, June, July & August); · All annual and monthly members have 10% discount in all the treatments.

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