

A woman with her hair in a bun is performing a yoga pose in a bright studio. She is wearing a blue and white striped athletic top and leggings. She is holding a black ball with both hands above her head, with her arms extended. Her body is in a lunge-like position, with one leg forward and the other back, and she is looking towards the ball. The background is a large window with a grid pattern, showing a view of the outdoors.

THE **CAMPUS**

**ACTIVITIES CALENDAR
FOR JANUARY**

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
151 x 74 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

N INDOOR PADEL COURTS
2 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	✓	✓	
	€2200 PER YEAR The amount must be paid up front. 1x joint member can be added to a full annual membership with a 25% discount.	€295 FOR 1 MONTH 1 x joint member can be added to a full monthly membership with a 20% discount.	DAY PASS €55 per day WEEKLY PASS €125 - 1 week €195 - 2 weeks €255 - 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 12

- ✓ Includes access to the swimming pool and play areas while directly supervised by parent or guardian.

€	WEEKLY	€40 per week
	DAILY	€20 per day

AGES 13-15*

- ✓ 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 13 to 15 pay 50% of adult fee.*

16+

- ✓ Kids +16 pay full adult fee.

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

ULTIMATE PADEL MEMBERSHIP

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

€ €1500 PER YEAR

ULTIMATE TENNIS MEMBERSHIP

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

€ €1500 PER YEAR

RACKET MEMBERSHIP

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

€ €900 PER YEAR

DISCOVER MORE



UPCOMING EVENTS



CYCLING

100KM CHALLENGE

4th January | 09:00 | Destination: Cachopo

€ €18 per person



RUNNING

RUN TOGETHER

Every Monday: 10:30 – 11:30 | 5km Park Run Style

Every Thursday: 10:30 – 11:30 | Improve Your Run

Run Challenge: 12th January | 10:30

€ €8 Members | €12 Non-members
Pack of 10 sessions: €50 Members | €100 Non-members

STAY UPDATED WITH ALL THE
EVENTS HAPPENING AT THE CAMPUS
AND QUINTA DO LAGO



We're delighted to welcome you to the Q Reformer Studio, our latest addition to Quinta do Lago's wellness facilities. Our Pilates classes are taught by expert instructors on beautifully crafted maple classic apparatus. Whether you're a seasoned athlete, an avid golfer, or simply looking to enhance your overall fitness, our classes cater to all levels and individual needs. Embrace the transformative power of Pilates in a calm and supportive environment and elevate your fitness journey with us here at Quinta do Lago.

DISCOVER MORE



Roundabout 2, Quinta do Lago | qreformerpilates@quintadolago.com

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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 & Rehabilitation Training • Plyometric & Sports Specific Training • Mobility & Fascia Release

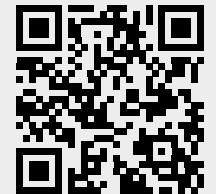
Book your session today at campusclasses@quintadolago.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 07:30 45min Studio 2 NEW	YOGA 08:00 55min Multipurpose room NEW	HYROX WORKOUT 08:00 40min Studio 2 NEW	PILATES HIIT 08:00 45min Multipurpose room NEW	HIIT 07:30 45min Studio 2 NEW	POWER WORKOUT 09:00 45min Studio 2 NEW	RHYTHM CYCLE & CORE 09:00 45min Cycle studio 1 NEW
RHYTHM CYCLE 08:30 45min Cycle studio 1	RHYTHM CYCLE 08:00 45min Cycle studio 1	BOOTCAMP Open to all levels 08:30 45min Meet in the HP Gym	RHYTHM CYCLE 09:00 45min Cycle studio 1	RHYTHM CYCLE 09:00 45min Cycle studio 1	YOGA 09:00 55min Multipurpose room NEW	RHYTHM CYCLE 10:00 45min Cycle studio 1
BEACH BOOTCAMP 09:00 60min Meet at The Shack Car Park	RHYTHM CYCLE & CORE 09:00 45min Cycle studio 1 NEW	RHYTHM CYCLE 08:30 45min Cycle studio 1	PILATES 09:00 50min Multipurpose room NEW	BEACH BOOTCAMP 09:00 60min Meet at The Shack Car Park	PILATES 09:00 50min Multipurpose room NEW	YOGALATES 10:00 50min Multipurpose room NEW
YOGA 09:30 55min Multipurpose room NEW	HIIT 09:00 45min High Performance Gym	RHYTHM CYCLE 09:30 45min Cycle studio 1	LEGS, BUMS & TUMS 10:00 45min Studio 2 NEW	YOGA 09:30 55min Multipurpose room NEW	EXPRESS BOXFIT 10:00 45min High Performance Gym	BODY CONDITIONING 11:00 45min Studio 2 NEW
CORE CONDITIONING & STRENGTH 09:30 45min Studio 2	EXPRESS BOXFIT 10:00 45min High Performance Gym	CORE CONDITIONING & STRENGTH 09:30 45min Studio 2	EXPRESS BOXFIT 10:00 45min High Performance Gym	CORE CONDITIONING & STRENGTH 09:30 45min Studio 2	RHYTHM CYCLE 10:00 45min Cycle studio 1	YOGA 11:00 60min Multipurpose room
TABATA 10:30 45min High Performance Gym	BARRE FITNESS 10:00 45min Studio 2	YOGA 09:30 55min Multipurpose room NEW	YOGA 10:00 55min Multipurpose room NEW	PUMP CONDITIONING 10:30 50min Studio 2	BOUNCE Mini trampoline workout 11:00 45min Studio 2 NEW	RELAXATION & MEDITATION 12:00 30min Multipurpose room
PILATES 10:30 50min Multipurpose room	YOGA 10:00 55min Multipurpose room NEW	PILATES 10:30 50min Multipurpose room	YOGALATES 11:00 55min Multipurpose room	PILATES 10:30 50min Multipurpose room	BREATHE & STRETCH 11:00 60min Multipurpose room	
TRX SUSPENSION TRAINING 10:30 40min Studio 2 NEW	YOGALATES 11:00 55min Multipurpose room	PUMP CONDITIONING 10:30 50min Studio 2	TRX SUSPENSION TRAINING 11:00 40min Studio 2 NEW	BOUNCE Mini trampoline workout 11:30 45min Studio 2 NEW	GUIDED MEDITATION 12:00 30min Multipurpose room	
MOBILITY & FASCIA RELEASE 11:30 45min Multipurpose room	TRX SUSPENSION TRAINING 11:00 40min Studio 2 NEW	YIN YOGA & MINDFULNESS MEDITATION 11:30 90min Multipurpose room NEW	HYROX WORKOUT 12:00 45min High Performance Gym NEW	YIN YOGA & MINDFULNESS MEDITATION 11:30 90min Multipurpose room NEW		
BOOTY BURN 17:00 45min Studio 2	HYROX WORKOUT 12:00 45min High Performance Gym NEW	BOUNCE Mini trampoline workout 11:30 45min Studio 2	MINDFULNESS GUIDED MEDITATION 12:00 30min Multipurpose room NEW	TRX SUSPENSION TRAINING 17:00 40min Studio 2 NEW		
YIN YOGA 17:45 75min Multipurpose room NEW	PLANK & ABS CORE WORKOUT 17:15 45min Studio 2 NEW	RESTORATIVE YOGA 18:00 60min Multipurpose room NEW	GOLF SPECIFIC FITNESS 12:00 40min Studio 2	RESTORATIVE YOGA 17:45 60min Multipurpose room NEW		
BALLET FIT 18:00 45min Studio 2	PILATES 18:15 45min Multipurpose room NEW	BARRE FITNESS 18:00 45min Studio 2	HIIT 17:00 45min Studio 2 NEW			
DYNAMIC STRETCH & BALANCE 18:45 45min Studio 2		BALLET SCULPT 18:45 45min Studio 2 NEW	CORE 18:00 45min Studio 2 NEW			
			YOGA 18:00 55min Multipurpose room NEW			

FITNESS SCHEDULE

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.

STAY UPDATED WITH ANY CHANGES TO OUR SCHEDULE HERE



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

- FITNESS & STRENGTH
- FUNCTIONAL
- MIND & BODY
- SPECIALIST
- MASTERCLASSES - €20 FOR MEMBERS / €25 FOR NON-MEMBERS

PERSONAL TRAINING

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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.
€	€67 members €92 non-members	€248 members €348 non-members	€456 members €636 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.

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

JOIN US



BE ELITE, WHATEVER YOUR LEVEL

Join our community of sports lovers, energy enthusiasts and wellness champions. Choose from monthly or annual memberships, to daily and weekly passes, or our exclusive memberships, even for kids and start using our state-of-the-art facilities. You will certainly find what you are looking for at The Campus.



QUINTA DO LAGO SPORTS ACADEMIES

The Quinta do Lago academies offer a standard of excellence when it comes to sports for children. We have brought together our triathlon, tennis and golf academies to build a programme for young athletes aged 5 to 10 who want to improve or start new sports using our state-of-the-art facilities.





SWIMMING ACADEMY

FOR ADULTS

All prices are per person.

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 (Pool)
€67 members €92 non-members
- 1 PT Session (Open Water)
€100 members €138 non-members
- Pack of 4 PT Sessions (Pool)
€248 members €348 non-members
- Pack of 8 PT Sessions (Pool)
€456 members €636 non-members

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
- €15 members €20 non-members

ADULT SWIM GROUP LESSON ⌚ 60min

+16 years

Focusing on swimmers that look forward to build their confidence in the water and improve their swimming technique.

- € €45 monthly fee (2 classes per week)
- € €70 monthly fee (3 classes per week)

FOR CHILDREN

All prices are per person.

BEGINNERS

⌚ 40min

4-6 years

Lessons 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.

- € Group Lessons
Pack of 4 Lessons €60
Pack of 8 Lessons €112
Pack of 12 Lessons €156

ADVANCED

⌚ 60min

From 8 years

These lessons are for children that already know how to swim all four techniques (front crawl, backstroke, breaststroke, butterfly), and they may be part of a swimming team.

- € Group Lessons
Pack of 4 Lessons €68
Pack of 8 Lessons €120
Pack of 12 Lessons €168

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.

TRIATHLON

⌚ 90min

These lessons will improve the skills of those who love to swim, cycle and run.

INTERMEDIATE

⌚ 40min

6-12 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.

- € Group Lessons
Pack of 4 Lessons €60
Pack of 8 Lessons €112
Pack of 12 Lessons €156

SMALL GROUP LESSONS

⌚ 60min

Swimming lessons in a small group.

Only allowed when the ages are similar (ages +6 years old, with maximum 2 years difference).
For kids from 3 to 5 years old only allowed up to 2 pax., for safety and quality of the lesson.

- € €102 for 3 kids
- € €112 for 4 kids

- € 1 PT Session
€67 members €92 non-members

Pack of 4 PT Sessions
€248 members €348 non-members

Pack of 8 PT Sessions
€456 members €636 non-members

- € €64 monthly fee for kids
- € €120 monthly fee for adults
- € Private Sessions
€100 members €138 non-members

SWIMMING RULES & REGULATIONS 2025

PRIVATE | GROUP LESSONS

- Members can book group classes up to one month in advance.
- Clients must check in at reception before attending a group lesson.
- Members who fail to attend group classes without adhering to the cancellation policy will have their bookings for the remaining group classes of that week cancelled.
- A private lesson is for one person. Adding another participant requires payment of an additional fee of €15 per person.

POOL RULES

- All participants must shower before using the pool to remove oils, sweat, and creams from their bodies.
- Children who are ill, especially with flu-like symptoms or illnesses causing loose or uncontrollable bowel movements, must remain at home.
- For baby swimming lessons (ages 6 to 36 months), it is mandatory to use a specific swim nappy.
- Lap lanes may be reserved for private or group lessons. Please check with reception to confirm the pool's availability.
- The Campus activities take priority in scheduling and use of the swimming pool.

CANCELLATION | REFUND POLICY

- We operate a 48-hour cancellation and refund policy. Make-up classes may be scheduled if possible.
- Lessons cancelled with less than 48 hours' notice are not eligible for refunds or make-up classes.
- If a lesson is cancelled by the instructor due to weather conditions or pool closure, staff will make reasonable efforts to notify clients as soon as possible.
- If a lesson is cancelled by the client due to weather conditions, no refund will be issued; however, the lesson may be rebooked.
- No refunds are given for missed or unused private lessons.
- All payments must be made online or at reception prior to the start of the lesson.

LESSONS RULES

- Participants must arrive on time, as instructors may have appointments before or after the lesson. Instructors are not obligated to extend lessons beyond the scheduled time.
- Goggles and swimming caps are recommended, especially for children with long hair.
- For children aged 7 and under, a parent or guardian must remain on the pool deck during the lesson.
- Parents or guardians are not permitted in the water during lessons, except for parent/child lessons (ages 6 to 36 months).
- To minimise distractions, parents and guardians must avoid interfering with swim lessons.
- Children should use the restroom before the lesson begins. Non-toilet-trained children must wear swim nappies. Swim instructors are not permitted to take children to the restroom, particularly during group lessons. A parent or guardian must be available if needed.
- There is a 15-minute grace period for group lessons. After 15 minutes, late arrivals will no longer be allowed to join the lesson.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRISWIM 09:00 60min	ADULTS SWIM 14:30 60min	TRISWIM 09:00 60min	TRISWIM 11:15 60min	ADULTS SWIM 11:00 60min
ADULTS SWIM 11:00 60min	KIDS BEGINNERS 16:00 40min	ADULTS SWIM 11:00 60min	ADULTS SWIM 14:30 60min	
KIDS BEGINNERS 16:00 40min	KIDS INTERMEDIATE 17:00 40min	KIDS BEGINNERS 16:00 40min	KIDS BEGINNERS 16:00 40min	
KIDS INTERMEDIATE 17:00 40min	KIDS ADVANCED 18:00 60min	KIDS INTERMEDIATE 17:00 40min	KIDS INTERMEDIATE 17:00 40min	
TRIATHLON FOR KIDS 17:30 90min		TRIATHLON FOR KIDS 17:30 90min	TRIATHLON FOR KIDS 17:30 90min	
KIDS ADVANCED 18:00 60min		KIDS ADVANCED 18:00 60min	KIDS ADVANCED 18:00 60min	

TRIATHLON & SWIMMING SCHEDULE

This schedule may change according to demand.

STAY UPDATED WITH ANY CHANGES TO OUR SCHEDULE HERE



- +15 YEARS OLD
- ADULTS
- CHILDRENS



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*	-	€55	€106	€153	€184	€216	€243	€265
MOUNTAIN BIKE*	€35	€52	€95	€119	€145	€161	€172	€183
EXTRA DAY*	€52							

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

CYCLING SOCIAL SPINS

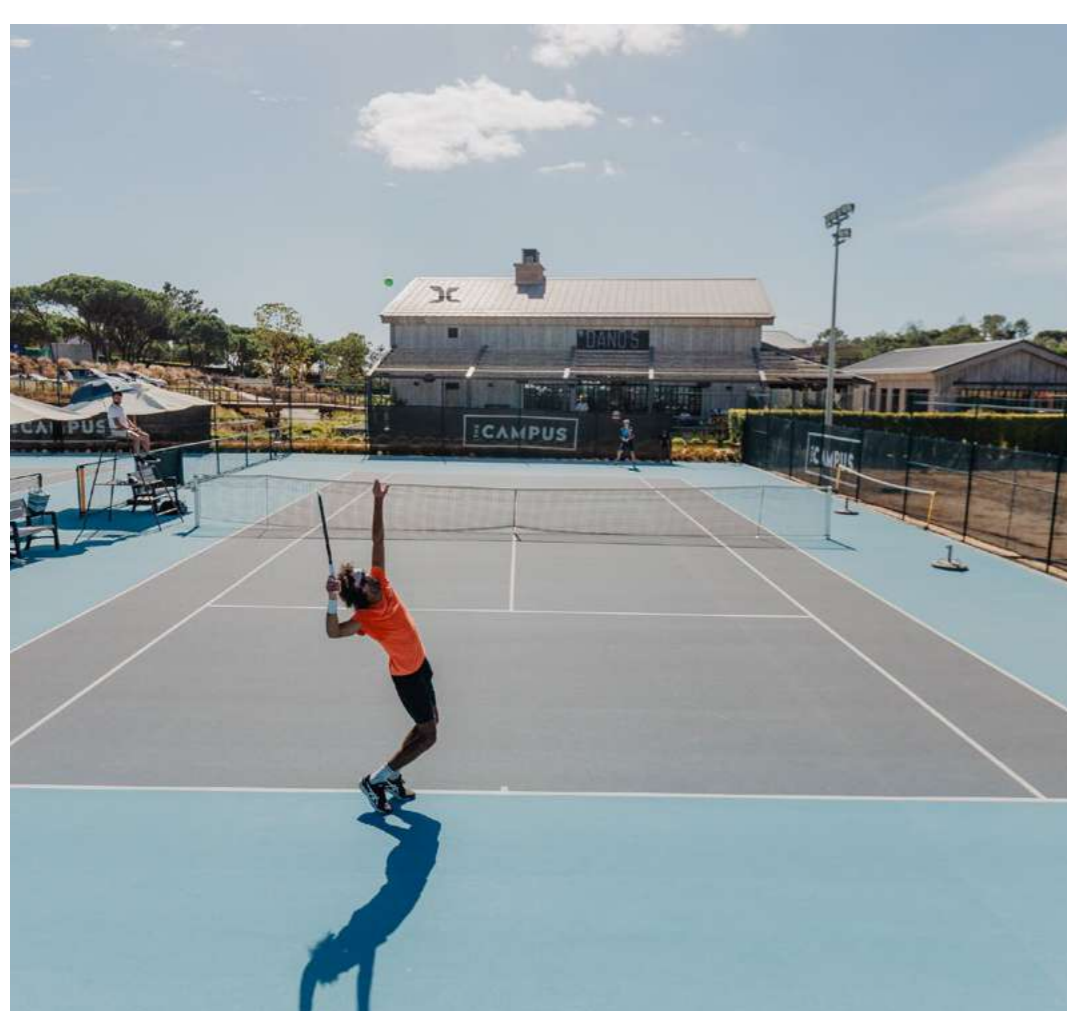
Discover the best of the stunning Algarve coastline or emerge into the countryside of the Algarve for the more challenging routes. Guided group rides for road cycling include our Easy level which has an average speed of 24km to 27km per hour and our Advanced level has an average speed of over 26km per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

1 Spin	€18
Pack 10 Spins	€130

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADVANCED LEVEL 09:00 Average speed over 27km / hour	INTERMEDIATE LEVEL 09:00 50 - 60 KM 2 - 2.5 hours 200 - 600m elevation Average speed over 25km / hour	ADVANCED LEVEL 09:00 80 - 90 KM 3 - 4 hours 1,000m elevation Average speed over 27km / hour	INTERMEDIATE LEVEL 09:00 50 - 60 KM 2 - 2.5 hours 200 - 600m elevation Average speed over 25km / hour	MEDIUM / ADVANCED LEVEL 09:00 80 - 120 KM 3 - 4 hours 500 - 1000m elevation Average speed over 25km / hour
EXPERIENCED BEGINNERS 09:30 Average speed 20-22km / hour				

SERVICES

Private Guided Cycle (max 5 persons)	€100	1h-3,5h	€135
Performance Coaching	€140	Per month	
Beginners Guided Cycle			€70



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	€44
Pack 5 Hours	5% discount per hour
Pack 10 Hours	10% discount per hour

PRIVATE LESSONS

Up To 2 Players	€75
3 Players	€85
4 Players	€95
Pack 5 Lessons	5% discount
Pack 10 Lessons	10% discount
Lesson with Head Coach	€85

GROUP COACHING

Adults 60min	€31
Adults 90min	€46.50

CARDIO TENNIS

Members	€26
Non-Members	€35

TOURNAMENTS & ROUND ROBINS

Members	€8
Non-Members	€16

RENTALS & SERVICES

Racket Rental	€8
Racket Stringing - Standard	€30
Racket Stringing - Premium	€35
Stringing Only	€15.50

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

PACKAGES FOR ADULTS

WEEKLY INTENSIVE TRAINING

Includes all morning group classes and 1 private lesson per day. Available from Monday to Saturday. Assessment required. €600

⌚ Classes included: Baseline2Baseline, Cardio Tennis, Defending&Attacking, Matchplay Strategy and Open Doubles.

WEEKLY TRAINING

Includes all morning group classes. Available from Monday to Saturday. Assessment required. €209

⌚ Classes included: Baseline2Baseline, Cardio Tennis, Defending&Attacking, Matchplay Strategy and Open Doubles.

TENNIS SCHOOL

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
ROOKIE ORANGES	Ages 7-8
GREEN STARS	Ages 9-10
JUNIOR DEVELOPMENT	Ages +11
JUNIOR GROUP COACHING	€27/hour



RACKET MEMBERSHIP

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

€ €900 PER YEAR

ULTIMATE TENNIS MEMBERSHIP

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

€ €1500 PER YEAR



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	90min	€66
Covered Padel Court	90min	€75
Pack 5 Hours	5% discount per hour	
Pack 10 Hours	10% discount per hour	

PRIVATE LESSONS

Up To 2 Players	€75
3 Players	€85
4 Players	€95
Pack 5 Lessons	5% discount
Pack 10 Lessons	10% discount
Lesson with Head Coach	€85

GROUP COACHING

Adults	60min	€31
Adults	90min	€46,50
Juniors	60min	€27

WEEKLY INTENSIVE TRAINING

Includes all morning group classes at 10:00 and 6 private lessons. Assessment required.	€600
🕒 Available from Monday to Saturday	

WEEKLY TRAINING

Includes all morning group classes at 10:00. Assessment required.	€209
🕒 Available from Monday to Saturday.	

TOURNAMENTS

Members	€8
Non-Members	€16

RACKET RENTALS

Regular Racket	€8
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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
- 30% off tournament and round robins

€ €1500 PER YEAR

ULTIMATE PADEL MEMBERSHIP

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

€ €900 PER YEAR

TENNIS & PADEL SCHEDULE

TENNIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BASELINE 2 BASELINE 09:30 - 11:00	CARDIO TENNIS 10:00 - 12:00	DEFENDING & ATTACKING 09:30 - 11:00	CARDIO TENNIS 10:00 - 12:00	MATCHPLAY STRATEGY 09:30 - 11:00	TINY REDS & ROOKIE ORANGES 1 09:00 - 10:00
TINY REDS & ROOKIE ORANGES 1 17:00 - 18:00	JUNIOR PERFORMANCE 18:00 - 20:00	TINY REDS & ROOKIE ORANGES 1 17:00 - 18:00	JUNIOR PERFORMANCE 18:00 - 20:00	ROOKIE ORANGES 2 & STAR GREENS 17:00 - 18:30	OPEN DOUBLES 10:00 - 12:00
ROOKIE ORANGES 2 & STAR GREENS 17:00 - 18:30	MIX TRAINING 19:00 - 20:00	ROOKIE ORANGES 2 & STAR GREENS 17:00 - 18:30	OPEN DOUBLES 18:00 - 20:00	JUNIOR PERFORMANCE 18:00 - 20:00	
JUNIOR PERFORMANCE 18:00 - 20:00		JUNIOR PERFORMANCE 18:00 - 20:00		STAR GREENS 2 & JUNIOR DEVELOPMENT 18:30 - 20:00	
STAR GREENS 2 & JUNIOR DEVELOPMENT 18:30 - 20:00		STAR GREENS 2 & JUNIOR DEVELOPMENT 18:30 - 20:00			

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

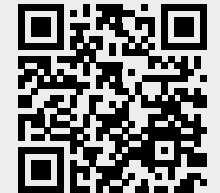
*Please note that the weekly tennis activities will take priority over all courts and bookings.

STAY UPDATED WITH ANY CHANGES TO OUR SCHEDULES HERE

TENNIS



PADEL



PADEL

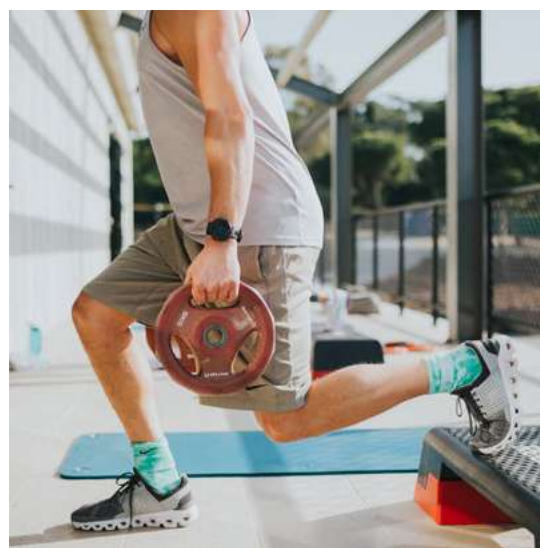
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DEFENDING (OPEN LEVEL) 10:00 - 11:30	ATTACKING (OPEN LEVEL) 10:00 - 11:30	TRANSITIONS (OPEN LEVEL) 10:00 - 11:30	PATTERNS OF PLAY (OPEN LEVEL) 10:00 - 11:30	MATCH PLAY (OPEN LEVEL) 10:00 - 11:30	PADEL KIDS (AGES 6-14) 09:00 - 10:00	PADEL KIDS (AGES 6-14) 09:00 - 10:00
TEAM TRAINING 17:30 - 19:00	LEVEL 4 TOURNAMENT 18:30 - 20:00	LEVEL 5 TOURNAMENT 17:00 - 18:30	LEVEL 3 TOURNAMENT 18:30 - 20:00		PADEL FOR ALL 10:00 - 12:00	OPEN GAMES 10:00 - 11:30

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

TENNIS & PADEL RULES & REGULATIONS 2025

- Members can book group classes and courts up to one month in advance.
- Members and non-members may book only one tennis or padel activity per day.
- Members are permitted to book one court for a maximum of 1 hour and 30 minutes per day. Special requests can be submitted to Roque (Rackets Manager) or Michelle (The Campus General Manager).
- Members must provide the names of all individuals sharing the court at the time of booking, so we can verify their membership status.
- Failure to comply with the above will result in half the court fee being charged to the person who made the booking.
- The Campus activities will always have priority on the courts.
- A 15-minute arrival window applies for all tennis and padel group activities, while a 5-minute window applies for fitness classes.
- The carpeted area outside the padel courts is not to be used as a waiting area.
- A 48-hour cancellation and refund policy applies.
- At certain times, and at the discretion of the club, specific areas of the gym may be closed. Members will be informed of such closures in advance.
- Members who fail to attend group classes without adhering to the cancellation policy will have their bookings for group classes cancelled for the remainder of the week.
- A 15-minute grace period applies to all group lessons. After this time, late arrivals will no longer be allowed to join the session.



SPORTS, WELLNESS & REHABILITATION

MASSAGES, REHABILITATION TREATMENTS & WELLNESS

SPORTS MASSAGE

50 min	€90
75 min	€125

DEEP TISSUE

50 min	€90
75 min	€125

SWEDISH

50 min	€85
75 min	€120

BACK, NECK & SHOULDERS

25 min	€55
40 min	€70

PHYSIOTHERAPY EVALUATION

It's required an initial appointment to evaluate your condition and needs.	€38
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PHYSIOTHERAPY SESSIONS

50 min	€100
75 min	€135

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	€760
50 min	12 Sessions	€1122

LYMPHATIC DRAINAGE

50 min	€85
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MESOTHERAPY

Per Session	€70
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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.

Book your treatment at www.thecampusqdl.com



FOR MORE INFORMATION PLEASE CONTACT US

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WWW.THECAMPUSQDL.COM

