



#### POINT

Bag

Mini towel

Bottle of water

Personalized sports polo shirt

#### SET

Bag

Mini towel

Bottle of water

Branded refillable water bottle

Personalized sports polo shirt

#### MATCH

Bag

Mini towel

Bottle of water

Branded refillable water bottle

Personalized high-end brand sports

Polo shirt

Photo reportage

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Aerobic

Body Toning

Stretching

Spinning

Yoga

Fencing

Belly Dancing

Flamenco

Mini Golf

Table Tennis





# **AEROBIC**

ALL LEVELS

Indoor our outdoor aerobic exercise to music with choreography. Flexibility, coordination, orientation... and rhythm!

"Enhances group coordination in a fun, easygoing context."

Aerobic Body Toning

Stretching

Spinning

Yoga

Fencing

Belly Dancing

Flamenco

Mini Golf

Table Tennis

Cycling



## **BODY TONING**

ALL LEVELS

Muscles toned by exercising the entire body.

"The perfect stress relief after long meetings."

Belly Dancing

**TOURNAMENTS** 

Flamenco

**GROUP ACTIVITIES** 

Yoga

Fencing



WELCOME PACKS

Spinning

Stretching

**Body Toning** 

Aerobic

### **STRETCHING**

**PRICES** 

Mini Golf

Table Tennis

Cvcling

ALL LEVELS

Relaxing elasticity exercises.

"Especially recommended before and after other activities or a tennis match, as it helps to prevent injuries." Aerobic Body Toning

Stretching

Spinning

Yoga

Fencing

Belly Dancing

Flamenco

Mini Golf Ta

Table Tennis





# **SPINNING**

GROUPS OF UP TO 10

Very heavy aerobic workout on an exercise bike.

"Encourages individual motivation."

Aerobic Body Toning

Stretching

Spinning

Yoga

Fencing

Belly Dancing

Flamenco

Mini Golf

Table Tennis

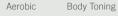
Cycling



# YOGA ALL LEVELS

Diverse yogic techniques, indoors or on the beach.

"Exercises for balance of the mind and the body."



Stretching

Spinning

Yoga

Fencing

Belly Dancing

Flamenco

Mini Golf

Table Tennis





# FENCING

GROUPS OF UP TO 4

Combat sport that confronts two people with a foil, épée or sabre.

"A fantastic opportunity to participate in an original activity, directed by a great teacher."

<sup>\*</sup> equipment included.

**Belly Dancing** 

Flamenco



#### BELLY DANCE

Mini Golf

Table Tennis

Cycling

ALL LEVELS

Oriental dance to the sound of Arabic music.

"Have fun while strengthening muscles and abs."

Flamenco



# FLAMENCO

ALL LEVELS

Belly Dancing

Introduction to the typically colorful Andalusian art of dance.

"Have fun trying on the typical outfit and learn the basic steps."

Aerobic Body Toning Stretching Spinning Yoga Fencing Belly Dancing Flamenco Mini Golf Table Tennis Cycling



# MINI GOLF

ALL LEVELS

Precision and fun on a 9-hole putting course.

Tee it up with or without a coach and organize engaging tournaments."

\* equipment available at an additional fee.

Spinning

Yoga

Fencing

Belly Dancing

Flamenco

Mini Golf

Table Tennis

Cvcling



## TABLE TENNIS

ALL LEVELS

Table tennis in singles or doubles format.

"Sportsmanship, competitiveness and teamwork."

\* one table available.



Stretching

Spinning

Yoga

Fencing

Belly Dancing

Flamenco

Mini Golf

Table Tennis

Cycling



# **CYCLING**

ALL LEVELS

Outing along the promenade with rental bicycles.

"Enjoy a pleasant outdoor activity."

GROUP ACTIVITIES

**TOURNAMENTS** 

PRICES

Paddle Tennis

Tennis

Olympics



Paddle Tennis

Tennis

Olympics



# PADDLE TENNIS

Doubles competitions according to skill levels.

"Fair play, competition and teamwork."

Paddle Tennis

Tennis

Olympics



# TENNIS

Doubles and singles.

"Fair play, competition and teamwork."

Paddle Tennis

Tennis

Olympics



# **OLYMPICS**

Combining a variety of sports in teams.

"Enjoy teaming up for tennis, paddle tennis, table tennis, minigolf and more."

**Group Activities** 

Tournaments

GROUP ACTIVITI	ES			
Activity	Duration / min	Price / EUR	Max pers.	Additional Guest
Aerobic	50	264	10	+ EUR 30
Body Toning	50	264	10	+ EUR 30
Stretching	50	264	10	+ EUR 30
Spinning	50	264	10	-
Yoga	50	264	10	+ EUR 30
Fencing	100	264	4	-
Belly Dance	50	264	8	+ EUR 30
Flamenco	50	264	8	+ EUR 30
Mini Golf	50	264	8	-
Ping Pong*	50	100	4	-
Cycling*	full day	-	20	EUR 17 per bicycle

Prices for Hotel guests, valid from October to May. Please request prices for the months of June, July, August & September. Please note they are illustrative, per activity up to the specified number of people. A coach & the use of the Tennis Club facilities during the designated times are included. Please contact us if you are interested in group activities and are not a hotel guest.

\* Does not include a guide.

ADD YOUR WELCOME PACK! Point, EUR 55 | Set, EUR 85 | Game, EUR 106,60

Group Activities

Tournaments

ORGANIZATION OF TOURNAMENT
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Tournament	Duration / min	Organization + 1st Court	Additional Court
Paddle Tennis	100	150	70
Tennis	100	150	90
Olympics*	100	150*	90

Prices based on four persons per court. | Racquet hire, EUR 16 | \* First court not included.

THE QUOTED PRICES ARE FOR HOTEL GUESTS, VALID FROM OCTOBER UNTIL MAY. PLEASE REQUEST PRICES FOR THE MONTHS OF JUNE, JULY, AUGUST & SEPTEMBER. PLEASE NOTE THEY ARE ILLUSTRATIVE, VAT INCLUSIVE, IN EUROS AND SUBJECT TO CHANGE ACCORDING TO THE REQUIRED USE OF FACILITIES AND STAFF NECESSARY TO SUIT THE GROUP'S SPECIFIC NEEDS. ACTIVITIES HELD OUTSIDE OF THE TENNIS CLUB FACILITIES MAY INCUR IN ADDITIONAL COSTS. PLEASE CONTACT US IF YOU ARE INTERESTED IN GROUP ACTIVITIES AND ARE NOT A HOTEL GUEST.

ADD YOUR WELCOME PACK! Point, EUR 55 | Set, EUR 85 | Game, EUR 106,60

Price per person

