

TONI NADAL ADULT TENNIS CAMP

February 23rd to March 1st, 2020



TRAIN ONE WEEK WITH TONI NADAL!

INCLUDES:

- Accommodations for 7 Nights (Half Board. Drinks not included).
- 16 hours of tennis coaching with the team of coaches from the Rafa Nadal Academy by Movistar (Clay and hard courts) with the exclusive support of Toni Nadal. Energy break included. (Ratio coach/player 1:4).
- 5 fitness group training sessions.
- Nutrition coaching sessions with Gemma Bes (Rafa Nadal's personal nutritionist).
- Sports psychology session with the head of the psychology department of the Rafa Nadal Academy by Movistar.
- Exclusive Conference and Q&A with Toni Nadal.
- **Learning session about tennis materials with Xavi Segura (Spanish Davis cup official stringer).**
- One free entrance to the Rafa Nadal Museum Xperience.
- Free use of the Fitness centre and Indoor Pool.
- Free use of the **Wellness Spa, Sauna and Steam Baths.**
- **20% discount on Wellness Spa Treatments.**
- **20% discount at our Rafa Nadal Shop official store.**

We understand your passion for tennis. This is a unique opportunity to improve your game with Toni Nadal and get the best insights from his training system. This is a premium quality tennis training program carried out by our coaches from the **Rafa Nadal Academy by Movistar** with the support of **Toni Nadal**. An exclusive training method that is based on the many years of experience that Rafa Nadal and his team have gathered over their years on the ATP circuit.

More Information:

sales@rafanadalacademy.com · t. (+34) 971 745 022

www.rafanadalacademy.com



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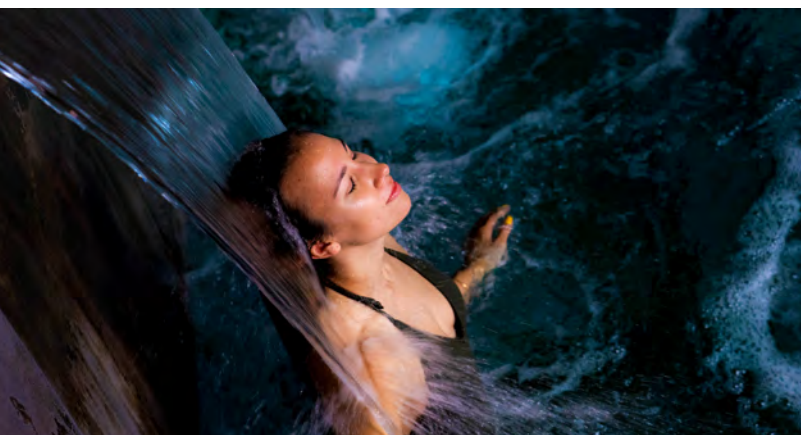


SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Feb 24th	Feb 25th	Feb 26th	Feb 27th	Feb 28th	Feb 29th	March 1st	
7:30 - 8:30	BREAKFAST							
9:00 - 9:30	PROGRAM PRESENTATION (GROUPS 1+2)						CHECK OUT	
10:00 - 10:30	TENNIS GROUP 1	FITNESS GROUP 2	TENNIS GROUP 1	FITNESS GROUP 2	TENNIS GROUP 1	FITNESS GROUP 2		TENNIS GROUP 1
10:30 - 11:30								
11:30 - 12:00								
12:00 - 12:30	FITNESS GROUP 1	TENNIS GROUP 2	FITNESS GROUP 1	TENNIS GROUP 2	FITNESS GROUP 1	TENNIS GROUP 2	TENNIS GROUP 2	
12:30 - 1:30pm								
1:30pm - 2:00pm								
2:30pm - 3:30pm	LUNCH							
3:30pm - 4:30pm	TENNIS MATERIALS (GROUPS 1+2)	NUTRITION (GROUPS 1+2)	PSYCHOLOGY (GROUP 1)	PSYCHOLOGY (GROUP 2)		Q & A TONI NADAL (GROUPS 1+2)		
5:30pm - 7:30pm	TENNIS GROUP 1	TENNIS GROUP 2	TENNIS GROUP 1	TENNIS GROUP 2				
7:30pm - 9:30pm	DINNER							

* This calendar may be subject to change.

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PRICES

SINGLE ROOM
(1 PLAYER)

2.790 €/room
(half board)

DOUBLE ROOM
(2 PLAYERS)

4.990 €/room
(half board)

DOUBLE ROOM
(1 PLAYER + 1 COMPANION)

2.990 €/room
(half board)

REGISTER ONLINE NOW!

www.rafanadalacademy.com/en/toni-nadal-adult-tennis-camp-2020

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