



THE CAMPUS

AUTUMN AT THE CAMPUS
ACTIVITIES FOR SEPTEMBER & OCTOBER

THE CAMPUS

46.6000 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.	€225 FOR 1 MONTH 1 x joint member can be added to a full monthly membership with a 20% discount.	DAY PASS €45 per day WEEKLY PASS €90 - 1 week €135 - 2 weeks €180 - 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.						
<table border="0"> <tr> <td>€</td> <td>WEEKLY</td> <td>€20 per week</td> </tr> <tr> <td></td> <td>DAILY</td> <td>€5 per day</td> </tr> </table>	€	WEEKLY	€20 per week		DAILY	€5 per day
€	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.						
<table border="0"> <tr> <td>€</td> <td>Kids aged 10 to 15 pay 50% of adult fee.*</td> </tr> <tr> <td></td> <td>Kids +16 pay full adult fee.</td> </tr> </table>	€	Kids aged 10 to 15 pay 50% of adult fee.*		Kids +16 pay full adult fee.		
€	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

€ **€500 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**



FITNESS



YOGA & WELLBEING RETREAT

REVIVE, RENEW, RELAX, RESTORE

17th to 23rd October

In this 5-day Yoga and Wellbeing Retreat you are invited to let go of the stress and demands of everyday life. Our programme is designed to guide you to reconnect with yourself through movement, nature, food, meditation and wellbeing practices.

[BOOK YOUR PLACE TODAY](#)

FITNESS CLASSES*

*This shedule may change according to demand and subject to government rules and regulations;

BOOK YOUR CLASS HERE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLE 08:30 45min First floor outside terrace	RHYTHM CYCLE 08:30 45min First floor outside terrace	BOOTCAMP 08:30 45min Meeting at HP gym	RHYTHM CYCLE 08:00 45min First floor outside terrace	RHYTHM CYCLE 08:30 45min First floor outside terrace	CORE CONDITIONING AND STRENGTH 08:00 45min First floor outside terrace	RHYTHM CYCLE 09:00 45min First floor outside terrace
BEACH BOOTCAMP 08:30 60min Meet at the Shack car park	HIIT 09:00 45min Outside HP gym	CORE CONDITIONING AND STRENGTH 09:30 40min First floor outside terrace	RHYTHM CYCLE 09:00 45min First floor outside terrace	BEACH BOOTCAMP 08:30 60min Meet at the Shack car park	HIIT 09:00 45min First floor outside terrace	RHYTHM CYCLE 10:00 45min First floor outside terrace
CORE CONDITIONING AND STRENGTH 09:30 40min First floor outside terrace	EXPRESS BOXFIT 10:00 45min Outside HP gym	MEN'S STRENGTH AND STRETCH 10:30 40min NEW Outside HP gym	EXPRESS BOXFIT 10:00 45min Outside HP gym	CORE CONDITIONING AND STRENGTH 09:30 45min First floor outside terrace	RHYTHM CYCLE 10:00 45min First floor outside terrace	YOGA 11:00 60min First floor outside terrace
TABATA 10:30 45min Outside HP gym	BARRE FITNESS 10:00 45min First floor outside terrace	PILATES 10:30 50min First floor outside terrace	BARRE FITNESS 10:00 45min First floor outside terrace	TABATA 10:30 50min HP gym	BOXFIT 10:00 45min Outside HP gym	RELAXATION AND MEDITATION 12:00 30min First floor outside terrace
PILATES 10:30 50min First floor outside terrace	YOGALATES 11:00 50min First floor outside terrace	PUMP CONDITIONING 10:30 45min Studio 2 outside terrace	YOGALATES 11:00 50min First floor outside terrace	COMBAT 10:30 45min Studio outside terrace 2	BREATHE AND STRETCH 11:00 60min First floor outside terrace	
JUMP 11:30 45min NEW Studio 2 outside terrace	GOLF SPECIFIC FITNESS 12:00 40min First floor terrace	YOGA AND MEDITATION 11:30 50min First floor outside terrace	GOLF SPECIFIC FITNESS 12:00 40min Studio 2 outside terrace	PILATES 10:30 50min First floor outside terrace	GUIDED MEDITATION 12:00 30min First floor outside terrace	
YOGA FOR BEGINNERS 11:30 50min First floor outside terrace	CHILDRENS YOGA (8-14 YEARS) 17:30 45min First floor outside terrace	RHYTHM CYCLE 17:00 45min First floor outside terrace	RESTORATIVE YOGA 12:00 50min First floor outside terrace	YOGA AND MEDITATION 11:30 50min First floor outside terrace		
MEN'S MOBILITY AND FASCIA RELEASE 16:15 40min NEW First floor outside terrace	LEGS, BUMS AND TUMS 17:00 45min NEW Studio 2 outside terrace	BARRE FITNESS 18:00 45min Studio 2 outside terrace	KID'S BOXFIT (AGE 5-10 YEARS) 17:00 45min First floor outdoor terrace	HIIT 17:00 45min Outside HP gym or First floor terrace		
HIIT 17:00 45min Outside HP gym or First floor outside terrace	RHYTHM CYCLE 18:00 45min First floor outside terrace	YOGA RESTORE AND RELAX 18:45 50min First floor outside terrace	JUMP 17:00 45min NEW Studio 2 outside terrace	BALLET FIT 18:00 45min NEW Studio 2 outside terrace		
BALLET FIT 18:00 45min NEW Studio 2 outside terrace	EXPRESS TABATA 19:00 30min First floor outside terrace		PUMP CONDITIONING 18:00 50min Studio 2 outside terrace	DYNAMIC STRETCH AND BALANCE 18:45 45min NEW Studio 2 outside terrace		
DYNAMIC STRETCH AND BALANCE 18:45 45min NEW Studio 2 outside terrace			EXPRESS CORE 19:00 30min Studio 2 outside terrace			

NEW TO GROUP FITNESS CLASSES AND UNSURE OF WHAT CLASSES ARE FOR YOU?

Book a free group consultation at reception or at campusclasses@quintadolago.com

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

⌚ 55 min



€56 members

€80 non-members

A one off session. After a brief consultation your trainer will guide you through a work out session focusing on your goals.

4 SESSION COURSE

⌚ 4 x 55 min



€210 members

€300 non-members

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.

8 SESSION COURSE

⌚ 8 x 55 min



€392 members

€560 non-members

A course of sessions you can use to really make an difference in a short period of time or split over a period of up to 6 months.

[BOOK YOUR SESSION HERE](#)

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

€ Price on request

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.

GROUP PERSONAL TRAINING

€ Price on request

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





DANCE CAMP

WITH LAUREN JAMIESON

25th to 29th October | From 14:00 to 16:00

Let's dance! This autumn, professional dancer Lauren Jamieson is back with her 5-day Dance Camp to teach and inspire your children to dance with joy and confidence. Children taking part will learn different routines and dance styles and work together to learn a final routine to perform for family and friends. Children of all abilities are welcome.

€225 per child per camp or €57 per day

[BOOK NOW](#)



SWIMMING



KIDS AQUATHLON

5th September from 09:00

A brilliant splash 'n' dash event for children aged 8 to 15! The swimming event will take place in The Campus pool, followed by the running event around the pitch. All levels are welcome to join in with varying distances based on the child's age. This is a free event with limited number of participants.

REGISTER TODAY



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
€10 members €15 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
€10 members €15 non-members

FOR ADULTS

BEGINNERS & ADVANCED

⌚ 45/60min

Group split into two levels.

Learn the basics of swimming and develop all the skills and techniques required to perform the four swimming strokes. This allows swimmers to confidently experience the full variety and physical benefits of swimming.

€ Free for annual members
€10 members

€15 non-members

All prices are per session, per person.

[BOOK YOUR SESSION HERE](#)



1:1 COACHING

PERSONAL SWIM COACHING ⌚ 60min

For Children & 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

€56 members €80 non-members

Pack of 4 PT Sessions

€210 members €300 non-members

Pack of 8 PT Sessions

€392 members €560 non-members

All prices are per person.

BOOK YOUR SESSION HERE

TRIATHLON SPECIAL CLASSES

TRISWIM

+15 years • 60min 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

€10 members

€15 non-members

SWIM, CYCLE, RUN

+15 years • 90min

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



Free for annual members

€10 members

€15 non-members

All prices are per session, per person.

BOOK YOUR SESSION HERE

SWIMMING CLASSES*

*This schedule may change according to demand and subject to government rules and regulations;

BOOK YOUR SWIMMING SESSION

- +15 YEARS OLD
- ADULTS
- CHILDRENS

TUESDAY	THURSDAY	SATURDAY
TRISWIM <i>(POOL)</i> 09:00 60min	OPEN WATER SWIMMING <i>(LAKE)</i> 09:00 60min	SWIM, CYCLE, RUN 09:30 75min
ADULT SWIM 13:00 60min	ADULT SWIM 13:00 60min	
BEGINNERS (4-6 YEARS) 17:00 40min	BEGINNERS (4-6 YEARS) 17:00 40min	
INTERMEDIATE (+7 YEARS) 17:45 45min	INTERMEDIATE (+7 YEARS) 17:45 45min	
TRISWIM <i>(POOL)</i> 18:30 60min	OPEN WATER SWIMMING <i>(LAKE)</i> 18:45 60min	



CYCLING



THE **CAMPUS**

TRIATHLON 2021

5th October
9:00

SUPER SPRINT MALE & FEMALE

Swim: 350m | Bike: 10km | Run: 2.5km

SPRINT MALE & FEMALE

Swim: 750m | Bike: 20Km | Run: 5km

Second stage of the Campeonato de Triatlo Sprint do Algarve

READY FOR A CHALLENGE?

The Quinta do Lago Tri Triathlon course guarantees an exhilarating race in perfect conditions. 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 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 experienced, professional triathletes.

For federated athletes looking to qualify for 2021 Europe Triathlon Cup in Quarteira, The Campus Tri Triathlon will also host the Elites and Juniors Qualification Competition. If you are a federated athlete please register at Triathlon Federation website. www.federacao-triatlo.pt

REGISTER HERE

BIKE RENTALS

Carbon Road Bike Helmet and pedals included.

Mountain Bike Helmet and pedals included.

HALF DAY Mountain Bikes Only	€25	4 DAYS	€120
1 DAY	€40	5 DAYS	€135
2 DAYS	€70	6 DAYS	€145
3 DAYS	€95	7 DAYS	€155
EXTRA DAY		€25	
WEEKLY SOCIAL SPINS	1 SPIN	€15	PACK OF 10 SPINS €100

THE BIKE SHED SERVICES

PRIVATE GUIDED CYCLE	€80 1h-3,5h	€110 4h+
BIKE FITTING		€200
BIKE BASIC MAINTENANCE & WASH		€30
PERFORMANCE COACHING		€125 Per month

BOOK YOUR SESSION HERE

WEEKLY ACTIVITIES

CYCLING SOCIAL SPINS

Discover the best of the local trails through the Ria Formosa Natural Park and stunning Algarve coastline.

ROAD BIKES

BEGINNERS

🕒 Every Wednesday & Friday, 09:00

An introduction to cycling with a smooth social spin on tracks with few climbs and a maximum of 40 km.

ADVANCED

🕒 Every Tuesday & Thursday, 09:00

More challenging routes between 60 and 90 km through the mountains.

🕒 Every Saturday, 09:00

A flat 80 to 100 km route through the countryside of the Algarve.

MOUNTAIN BIKES

OFF ROAD RIDES

🕒 Every Sunday, 09:00

A social spin with an off-road twist! Explore the rugged terrain of the Algarve by mountain bike with a group of likeminded and adventurous people. Observe the beautiful landscapes as we roll through the local natural areas and enjoying the morning sun. Suitable for all levels.

€	1 Spin	€15
	Pack 10 Spins	€100

BIKE ADVENTURES

ACROSS ALGARVE MTB TOUR

🕒 Available in october, november, february & march.

A 6-day ride along 300 kms, crossing the Algarve from east to west, starting in Alcoutim and finishing in St. Vincent's Cape. The group will ride along of Via Algarviana road located on the mountains that split Algarve from Alentejo. With big climbs, this ride will take you to magnific views on the real Algarve's countryside. Includes guided rides, snacks & hydration, cycling jersey and closing dinner.

€ Starting Price
From €1300 per person

EAST PORTUGAL RIDE

🕒 Available in october, november, february & march.

Stage ride starting from Estremoz to The Campus
Includes accommodation with B&B, 4 dinners,
van for luggage transportation and snacks and
hydration.

€ Starting Price
€900 per person

N2 ROUTE

🕒 Available in march & october.

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.

€ Starting Price
From €2680 per person

DISCOVER MORE



100KM CHALLENGE

4th September

The Campus to Cacela Velha

2nd October

The Campus to Silves

Push yourself with The Bike Shed's 100 Km Challenge. We'll climb the highest points of the Algarve, famous among the lovers of difficult journeys with breathtaking views of Algarvian countryside. Open to advanced cyclists!

€15 per person.

[REGISTER TODAY](#)



RACKET SPORT

Tennis and Padel

FEE SHEET

The Campus Annual and Racket Membership includes the following benefits: free court use, discount in cardio tennis, tournaments and round robins and 30% discount in private lessons. Adult group coaching is complimentary for Annual Members and Racket Members get a 30% discount on this service.

RENTALS

TENNIS COURT	€30
PADEL COURT	€30
PACK 5 HOURS	5% discount per hour
PACK 10 HOURS	10% discount per hour

TENNIS & PADEL PRIVATE LESSONS

UP TO 2 PLAYERS	€65
3 PLAYERS	€75
4 PLAYERS	€85
PACK 5 LESSONS	5% discount
PACK 10 LESSONS	10% discount

TENNIS GROUP COACHING

JUNIORS	€20
ADULTS	€25

PADEL GROUP COACHING

JUNIORS 60min	€15
ADULTS 60min	€15
ADULTS 90min	€20

CARDIO TENNIS

2 Hours

TENNIS COURT	€15
<i>For Annual & Rackets Memberships</i>	
NON-MEMBERS	€25

TOURNAMENTS & ROUND ROBINS

MEMBERS <i>Annual & Rackets</i>	€7.5
NON-MEMBERS	€15

RACKET RENTALS

TENNIS RACKET	€5
PADEL RACKET	€5
PADEL PREMIUM RACKET	€10

RACKET STRINGING

STANDARD STRING	€25
PREMIUM STRING	€30
STRINGING ONLY	€15

HAPPY HOUR

EVERY DAY 13:00-16:00
€10 discount on rentals & private lessons.
Only valid for guests.



TENNIS ACADEMY

Keep practicing 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.

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 for ages 4-6

ROOKIE ORANGES for ages 7-8

GREEN STARS for ages 9-10

JUNIOR DEVELOPMENT for juniors +11

PRICES

JUNIORS

€20

**PACKAGE GREEN STARS + JUNIOR DEVELOPMENT
+ JUNIOR ROUND ROBIN TOURNAMENT**

€90





PLAY PADEL

Experience the amazing game of Padel on our pro courts! Open to adults and juniors of all levels and ages, learn how to play or improve your performance with 1:1 coaching, take part in social or interclub (Level 2) tournaments and enjoy the thrill of playing a sport you love.



PADEL LEAGUE

OPEN TO LEVELS 2, 3 AND 4

€7.50 FOR MEMBERS & €15 FOR NON-MEMBERS

JOIN TO OUR ANNUAL PADEL LEAGUE

1 - RULES

- a) End of each month, the ranking (YTD) will be shared;
- b) Players can play always the level up, never the level down;
- c) After 3 victories on Level 3/4 players have to reach the tournament level;
- d) The ranking is measured by victories, not points; the points only prevails if two or more players are competing for a place.

2 - FORMAT

WINTER SEASON

🕒 From November to March

Máx. 16 players

2 Groups

Semi-final / final

Draw B

Prizes (weekly vouchers)

SUMMER / SPRING SEASON

🕒 From April to November

Máx 20 players

2 Groups

Semi-final / final

Draw B

Prizes (weekly vouchers)

3 - POINTS SYSTEM

LEVEL 4

Winner - 10 points

Runner up - 5 points

LEVEL 3

Winner - 18 points

Runner up - 12 points

LEVEL 3+

Winner - 25 points

Runner up - 20 points

LEVEL 2

Winner - 50 points

Runner up - 30 points

4 - END OF THE YEAR PRIZES

LEVEL 4

1ST place

3 month Rackets Membership

2ND place

1 month Rackets Membership

LEVEL 3

1ST place

3 month Full Membership

2ND place

1 month Full Membership

LEVEL 3+

1ST place

6 month Full Membership

2ND place

3 month Full Membership

LEVEL 2

1ST place

1 year Full Membership

2ND place

6 month Full Membership

JOIN US TODAY

TENNIS & PADEL CLASSES*

*Courts available for rental 7 days a week. Please note this schedule may change according to demand and subject to government rules and regulations;

BOOK TENNIS

BOOK PADEL

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

TOURNAMENTS NOT INCLUDED IN ANY OF ABOVE MEMBERSHIPS

TENNIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHOT OF THE WEEK 09:00 - 10:00	CARDIO TENNIS 09:00 - 11:00	TENNIS TACTICS 09:00 - 10:00	CARDIO TENNIS 09:00 - 11:00	DOUBLES STRATEGY 09:00 - 10:00	ROOKIE ORANGES 09:00 - 10:00
TINY REDS 16:00 - 17:00	ROOKIE ORANGES 16:00 - 17:00	TINY REDS 16:00 - 17:00	ROOKIE ORANGES 16:00 - 17:00	STAR GREENS 16:00 - 17:30	TINY REDS 10:00 - 11:00
STARS GREENS 16:00 - 17:30	JUNIOR DEVELOPMENT 16:00 - 17:30	STAR GREENS 16:00 - 17:30	JUNIOR DEVELOPMENT 16:00 - 17:30	JUNIOR PERFORMANCE 1 16:00 - 18:00	OPEN DOUBLES 10:00 - 12:00
JUNIOR PERFORMANCE 1 16:00 - 18:00	JUNIOR PERFORMANCE 1 16:00 - 18:00	JUNIOR PERFORMANCE 1 16:00 - 18:00	JUNIOR PERFORMANCE 1 16:00 - 18:00	JUNIOR PERFORMANCE 2 17:30 - 19:00	JUNIOR ROUND ROBIN 14:00 - 16:00
JUNIOR PERFORMANCE 2 17:30 - 19:00		JUNIOR PERFORMANCE 2 17:30 - 19:00		JUNIOR DEVELOPMENT 17:30 - 19:00	
		DOUBLES NIGHT (MEDIUM/HIGH CLUB LEVEL) 18:00 - 20:00		OPEN MIXED DOUBLES NIGHT 18:00 - 20:00	

PADEL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SHOT OF THE WEEK 10:00 - 11:00	PADEL TRAINING (LEVEL 4) 09:00 - 10:30	PADEL TRAINING (LEVEL 3) 09:00 - 10:30	PADEL HIIT (LEVEL 3/4) 09:30 - 11:00	PADEL TRAINING (LEVEL 3) 09:00 - 10:30	PADEL KIDS (AGES 6-14) 10:00 - 11:00	PADEL TRAINING (LEVEL 4) 09:00 - 10:30
MATCH AND TACTICS (LEVEL 2) 17:00 - 18:00	LADIES PADEL TRAINING (LEVEL 4) 12:00 - 13:30	LADIES PADEL TRAINING (LEVEL 4) 17:00 - 18:30	MATCH AND TACTIS (LEVEL 3/4) 12:00 - 13:30	MATCH AND TACTICS (LEVEL 2) 12:00 - 13:30	ORGANISED GAMES FOR ALL 11:00 - 13:00	
PADEL MIX - ROUND ROBIN 18:30 - 20:30	THE CAMPUS LEAGUE (LEVEL 4) 17:00 - 18:30	GRAND PRIX 18:30 - 20:30	THE CAMPUS LEAGUE (LEVEL 3+) 17:30 - 18:30	INTER CLUB PADEL TRAINING 18:30 - 20:00		
	THE CAMPUS LEAGUE (LEVEL 3) 18:30 - 20:30		THE CAMPUS LEAGUE (LEVEL 2) 18:30 - 20:30			

THE **CAMPUS**

WILD CARD TOURNAMENT

14th to 16th October

Sign in on 14th from 09:00 to 10:00

€35 per player



THE CAMPUS QUINTA DO LAGO M15

17th to 24th October

Entrance fee is €36

Sign in 16th October until 18:00

Prize money \$15,000 & The Campus Annual Membership

FOR MORE INFORMATION:

TENNISHOP@QUINTADOLAGO.COM | +351 289 381 220

WWW.THECAMPUSQDL.COM



FEDERAÇÃO
PORTUGUESA
DE TÊNIS



ITF
WorldTennisTour™

Magnesium-K Active

Wilson



Vila Galé
HOTELS



PART OF
QUINTA DO LAGO
ALGARVE - PORTUGAL

AFFSPORTS
building sports for life, since 1981

fonte viva.pt
Com todos os membros





RACKET PACKS

For Adults

TENNIS

WEEKLY INTENSIVE TRAINING

€430

Includes one morning group activity and a 1-hour private afternoon session every day Mon-Sat. *Assesment required.*

🕒 Available from Monday to Saturday.

WEEKLY CLUB TRAINING

€125

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

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

WEEKLY OPEN TRAINING

€80

Access to four weekly scheduled classes per week.

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

*All packs are subject to availability

BOOK YOUR PACK HERE



PADEL

PADEL COMPETITION

€400

Play in 3 scheduled group activities, 2 weekly tournaments, 3 private padel lessons, 2 personal training sessions and 1 hour of court rental per week.
Assesment required.

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

PADEL WEEKLY TRAINING

€125

Includes 2 scheduled group activities, 2 weekly tournaments, 1 private sessions and 1hour of court rental, per week.

🕒 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

€95

Access to 1 weekend tournament, 1 private sessions and 1 hour of court rental.

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

*Some packs may change without prior notice

[BOOK YOUR PACK HERE](#)



*SPORTS, WELLNESS
& REHABILITATION*

MASSAGES

SPORTS MASSAGE

50 MIN	€75
75 MIN	€110

DEEP TISSUE

50 MIN	€75
75 MIN	€110

SWEDISH

50 MIN	€75
75 MIN	€105

BACK, NECK & SHOULDERS

25 MIN	€45
40 MIN	€55

REHABILITATION

PHYSIOTHERAPY EVALUATION

It's required an initial appointment to evaluate your condition and needs. €35

PHYSIOTHERAPY SESSIONS

50 MIN	€90
75 MIN	€120

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	€684
50 MIN	12 SESSIONS	€1026

WELLNESS

LYMPHATIC DRAINAGE

50 MIN	€70
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MESOTHERAPY

PER SESSION	€60
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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 NOW](#)

PART OF QUINTA DO LAGO



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ALGARVE-PORTUGAL

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Clubhouse

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ALGARVE-PORTUGAL
LANDSCAPE

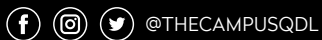
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