



Beach de Lux Trainings 2024 - Cycle 1 (22.04.24 - 17.05.24)



	GROUP 1: MEN1	GROUP 2: MEN2	GROUP 3: WOMEN 1	GROUP 4: WOMEN 2	GROUP 5: MIXED	GROUP 6: OPEN
DAYS	MONDAY, WEDNESDAY	MONDAY, WEDNESDAY	MONDAY, FRIDAY	MONDAY, FRIDAY	TUESDAY, THURSDAY	TUESDAY, FRIDAY
TIME	19h 00 - 20h 30	17h 30 - 19h 00	17h 30 - 19h 00	19h 00 - 20h 30	18h 30 - 20h 00	17h 30 - 19h 00
LEVEL	Advanced Teams or Solo	Intermediate Teams or Solo	Advanced teams only	Intermediate, Advanced Teams or Solo	Intermediate, Advanced Teams or Solo	All age (15-75) Starters, Intermediate
MAX	8 participants	8 participants	4 Teams	8 participants	16 participants	12 participants
Purpose	Raise your team or personal level / Play tournaments	Learn to play / Raise your personal level	Play tournaments / Raise your team skills	Learn to play / Raise your personal level	Raise your personal or team level / Meet the beach community	Learn the basics / Stay fit and healthy