



### Beach de Lux Trainings 2024 - Cycle 2 (27.05.24 - 23.06.24)



	<b>GROUP1: MEN1</b>	<b>GROUP 2: MEN2</b>	<b>GROUP 3: WOMEN 1</b>	<b>GROUP 4: WOMEN 2</b>	<b>GROUP 5: MIXED</b>	<b>GROUP 6: OPEN</b>
<i>DAYS</i>	MONDAY, WEDNESDAY	MONDAY, WEDNESDAY	MONDAY, FRIDAY	MONDAY, FRIDAY	TUESDAY, THURSDAY	TUESDAY, FRIDAY
<i>TIME</i>	19h 00 - 20h 30	17h 30 - 19h 00	17h 30 - 19h 00	19h 00 - 20h 30	18h 30 - 20h 00	17h 30 - 19h 00
<i>LEVEL</i>	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) Beginner, Intermediate
<i>MAX</i>	8 participants	8 participants	4 Teams	8 participants	16 participants	12 participants
<i>Purpose</i>	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