

Game Changer

TENNIS TRAINING PROGRAM 6-DAY PROGRAM



FITNESS PROGRAM

- Footwork & Conditioning
- Balance
- Core
- Strength and Leg Work
- Flexibility & Stretching



ON-COURT TENNIS PROGRAM

- Stroke Mechanics
- Patterns and Tactics
- Serve and Returning Techniques
- Net Game



MENTAL TOUGHNESS PROGRAM

- Visualization Techniques
- Pre-Match Preparation
- Progress Goals
- Focus Techniques
- Handling Pressure

**\$800 US Monthly
6-Day Program**

2 hours per session/day - 3 group session and 3 private sessions

**Special Promotion
2 Month Pre-Paid for 6-day
Training Program:**

\$1,400 US

More Information

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