Program Overview: 1. Juniors Intensive Week (Professional Week)

Duration: 5 working days a week
Target Audience: Juniors aiming for a professional level of training, whether focusing on specific optimizations or preparing for high-stakes matches and summer season.
Lesson Structure:
Daily schedule includes:

- 1 private
- 2 group lesson (maximum 3 players).
- 1 conditioning (condi) lesson.

Optimizations: Tailored for juniors seeking specific improvements in their tennis game.
All-In-One Package: A holistic program covering both tennis and fitness skills.
Individual and Group Training: Balances personalized attention with the dynamics of group play. Covers both tennis and conditioning, addressing multiple aspects of player development.
Strategic Overview: Provides insights into areas for future improvement.
This program seems to be an all-encompassing package designed for juniors aspiring to reach a professional level in tennis. The combination of private/group lessons and conditioning sessions provides a well-rounded approach to skill development and match preparation.

Program Overview: 2. Juniors Intensive Week (High-performance)

Duration: 5 working days a week
Target Audience: Juniors seeking high-performance training, whether focusing on specific optimizations or gearing up for matches and summer season.
Lesson Structure: Every day consists of a 2-hour group lesson. Additionally, one conditioning (condi) lesson per day.
Group Size: Limited to a maximum of 3 players for personalized attention.
Holistic Improvement: Addresses both tennis and fitness skills.
Outcome: Prepares players for upcoming matches through focused training.

Program Overview: 3. Juniors Intensive Week (Group week)

Duration: 5 working days a week
Target Audience: Juniors seeking group training.
Lesson Structure: Every day consists of a 2-hour group lesson.
Group Size: Limited to a maximum of 3 players for personalized attention.