



SAT 21 & SUN 22 NOVEMBER 2026

AG PERFORMANCE × TENNIS DNA ACADEMY PRESENT

TENNIS & PERFORMANCE BOOTCAMP

Two coached mornings of tennis, athletic training, mobility and functional work — in small groups, matched by level.

2

DAYS

3

COURTS

4

COACHES

4.5_h

COACHED PER DAY

THE DAY

Same programme Saturday & Sunday



08:30

ARRIVAL

Check-in & welcome tote bag

09:00

ATHLETIC TENNIS ACTIVATION

Warm-up, footwork, movement prep

09:30

TENNIS — BLOCK 1

Small groups by level

10:45

HYDRATION BREAK

11:00

TENNIS — BLOCK 2

Drills, tactics and match play

12:15

HYDRATION BREAK

12:30

MOBILITY & FUNCTIONAL TRAINING

Strength, mobility and recovery for tennis

13:30

END OF SESSION

From 14:00

Optional add-on services — FMS movement screen, stress assessment and metabolism analysis.
Booked in advance with your registration. Prices on page 2.



SECURE YOUR PLACE

EARLY BIRD UNTIL 5 NOVEMBER 2026

ONE DAY

Saturday 21 or Sunday 22 Nov

EARLY-BIRD PRICE

CHF **490**

Regular price from 6 Nov

CHF 539

BEST VALUE

FULL WEEKEND

Saturday 21 + Sunday 22 Nov

EARLY-BIRD PRICE

CHF **690**

Regular price from 6 Nov

CHF 759

- ✓ 09:00 – 13:30 coached programme
- ✓ Mobility & functional training
- ✓ Hydration breaks
- ✓ 2.5 hours of tennis per day
- ✓ Small groups by level
- ✓ Welcome tote bag
- ✓ Athletic tennis activation
- ✓ Coached by AGP & Tennis DNA
- ✓ 10% off THR9VE apparel

OPTIONAL ADD-ONS

From 14:00 · book in advance

FMS movement screen

CHF **190**

Stress assessment

CHF **190**

Metabolism analysis

CHF **190**

Bundle — all three **Save 15%**

~~CHF 570~~ **CHF 485**



PARTNERS

THR9VE — official apparel partner of the Tennis & Performance Bootcamp. Try the collection on site; every participant receives **10% off** THR9VE apparel.

REGISTER ONLINE

Scan the code or visit

alexgrabher.com/bootcamp

Limited places in small groups by level. Places are confirmed on payment — add-ons are booked together with your registration.

