



Tarifas de Utilização Diária

Daily Training Camp fees

	4 - 14 people	15 or more
Accommodation Package* + 1 training area **	35 € / guest	30 € / guest
Accommodation	20 € / guest	15 € / guest
1-day Training - 2 sessions - up to 8 hrs (lunch included)		15 € / guest
1-day Training - 1 session - up to 4 hrs (morning / afternoon)		10 € / guest
1 hour session	45 € / h	3 € / guest

** Training Areas:

Acrobatics: competition floor / safety belts / trampoline to foam pit / fast track to foam pit

MAG / WAG: full set apparatus / trampoline to foam pit / fast track to foam pit

Trampoline: Trampolines / DMT / Trampoline to foam pit / Fast Track to foam pit

Fitness, Dance, Ballet or YOGA: **Studio 150** (150 m²); **Studio 75** (75 m²); **Studio 50** (50 m²) - fully equipped studios with sound system, mirrors, ballet bars and all the equipment need to any fitness activity / dance / ballet work

Matia **boxFit**: Cross Training Box with 112 m² (14m x 8m) fully equipped for all kinds of Workouts

*Accommodation Package includes Breakfast, Lunch and Dinner. Individual meals may be arranged (6€ / meal).

Centro de Estágio

Training Centre

ArtGym Sports Centre

Acreditamos no poder do Desporto

We believe in the power of Sports



GYM, FITNESS, WORKOUT & DANCE

São estes os 4 pilares sobre os quais se ergue o **Acro Clube da Maia**.

Com mais de 2500m² de área de prática desportiva e área social e com capacidade de alojamento para albergar confortavelmente 26 pessoas, o **ArtGym Sports Centre** é o local ideal para estágios de alta competição de Ginástica, treinos de diversas modalidades, aulas de grupo de Fitness, Workshops ou Acções de Formação de Dança, Ginástica e Treino Funcional.

A mais recente oferta é o novíssimo **Health Centre** com valências na área da Fisioterapia, Reabilitação Desportiva, Massagem e Acupuntura.



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GYM, FITNESS, WORKOUT & DANCE

These are the 4 pillars where it stands the **Acro Clube da Maia**.

With more than 2500m² of practice and social area and with the accommodation capacity for comfortably hosting 26 persons, the **ArtGym Sports Centre** is the ideal place for high level Gymnastics training camps, multisports trainings, Fitness group classes, Workshops or Courses of Dance, Gymnastics and Powerlifting.

The most recent offer is the brand new **Health Centre** with Physiotherapy, Sports Rehabilitation, Sports Massage and Acupuncture.

O caminho
da excelência
Path to Excellence

A fusão perfeita entre desportos: Dança, Ginástica, Workout e Fitness. É isso que vai encontrar no **ArtGym Sports Centre** by **Acro Clube da Maia**. Um lugar onde pode treinar, comer de forma saudável e descansar com uma boa noite de sono.
*The perfect merge between sports: Dance, Gymnastics, Workout and Fitness. That's what you will find in the **ArtGym Sports Centre** by **Acro Clube da Maia**. A place where you can train, eat healthy meals and relax with a good night rest.*