

Sports Program Example (Please note that this varies week to week depending on guestinstructors. Final program presented at the hotel)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym	07:00-22:00	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00
08.00	MORNING YOGA Theatre platform	MORNING STRETCH Theatre platform	MORNING YOGA Theatre platform	MORNING STRETCH Theatre platform	MORNING YOGA Theatre platform	MORNING STRETCH Theatre platform	MORNING YOGA Theatre platform
08.00	MORNING WALK Pool Bar	MORNING RUN 5K Pool Bar	MORNING WALK Pool Bar	MORNING RUN 10K Pool Bar	MORNING WALK Pool Bar	MORNING RUN 5K Pool Bar	MORNING WALK Pool Bar
09.00	FITNESS-X-WOD Sign up in Sports Booking WOD Box	FITNESS-X-WOD Sign up in Sports Booking WOD Box	FITNESS-X-WOD Sign up in Sports Booking WOD Box	FITNESS-X-WOD Sign up in Sports Booking WOD Box	FITNESS-X-WOD Sign up in Sports Booking WOD Box	FITNESS-X-WOD Sign up in Sports Booking WOD Box	FITNESS-X-WOD Sign up in Sports Booking WOD Box
10.00	AEROBICS Theatre Platform	HATHA YOGA Theatre Platform	KETTLEBELL Sign up in Sports Booking WOD Box	VINYASA YOGA WOD Box	BODY MOVEMENT WOD Box	FITNESS-X-WOD GYMNASTICS Sign up in Sports Booking WOD Box	AEROBICS Theatre Platform
10.00	TABATA WOD Box	SPIN Sign up in Sports Booking Mini Fitness area	DANZY Theatre Platform	SPIN Sign up in Sports Booking Mini Fitness area	SPIN Sign up in Sports Booking Mini Fitness area	CORE & ABS Mini Fitness Area	SPIN Sign up in Sports Booking Mini Fitness area
11.00	CORE & ABS Mini Fitness Area	FITNESS BOXING Sign up in Sports Booking Mini Fitness area	BODY MOVEMENT Mini Fitness Area	BOOTCAMP Mini Fitness Area	FITNESS BOXING Sign up in Sports Booking Mini Fitness area	BOOTYBURN WOD Box	BOOTCAMP Mini Fitness Area
11.00	SOCIAL BASKET 3X3 Multicourt	SOCIAL FOOTBALL 5x5 Fitness Centre	SOCIAL BASKET 3X3 Multicourt	SOCIAL FOOTBALL 5x5 Multicourt	SOCIAL BASKET 3X3 Multicourt	SOCIAL FOOTBALL 5x5 Multicourt	SOCIAL BASKET 3X3 Multicourt
15.00	AQUA Pool	AQUA Pool	AQUA Pool	AQUA Pool	AQUA Pool	AQUA Pool	AQUA Pool
16.00	WATER VOLLEYBALL Pool	FOAM ROLLER Sign up in Sports Booking Mini Fitness Area	HIT WOD Box	BOOTYBURN WOD Box	WATER VOLLEYBALL Pool	FOAM ROLLER Sign up in Sports Booking Pink Area	HIT WOD Box
16.00	YIN YOGA Theatre Platform	FITNESS-X-WOD SNATCH Sign up in Sports Booking WOD Box	DEEP CORE Mini Fitness Area	FITNESS-X-WOD CLEAN & JERK Sign up in Sports Booking WOD Box	KETTLEBELL Sign up in Sports Booking WOD Box	DANZY Theatre Platform	VINYASA YOGA Mini Fitness Area
17.00	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD TEAM Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD TEAM Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD TEAM Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box
17:00	SPIN Sign up in Sports Booking Mini Fitness area	PLYOMETRICS & DYNAMICS Multicourt	SPIN Sign up in Sports Booking Mini Fitness area	DANCE HIIT Theatre Platform	PLYOMETRICS & DYNAMICS Multicourt	SPIN Sign up in Sports Booking Mini Fitness area	FITNESS BOXING Sign up in Sports Booking Mini Fitness area
18.00	STRETCH & RELAX Theatre Platform	EVENING YOGA Theatre Platform	STRETCH & RELAX Theatre Platform	EVENING YOGA Theatre Platform	STRETCH & RELAX Theatre Platform	YIN YOGA Theatre Platform	STRETCH & RELAX Theatre Platform
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bike	08.00 GRAVELBIKE TOUR 65 km Intermediate Sign up in Sportsbooking Cycle Centre	08.00 GRAVELBIKE TOUR 65 km Intermediate Sign up in Sportsbooking Cycle Centre	08.00 GRAVELBIKE TOUR 65 km Intermediate Sign up in Sportsbooking Cycle Centre	08.00 GRAVELBIKE TOUR 65 km Intermediate Sign up in Sportsbooking Cycle Centre	08.00 GRAVELBIKE TOUR 65 km Intermediate Sign up in Sportsbooking Cycle Centre	08.00 GRAVELBIKE TOUR 65 km Intermediate Sign up in Sportsbooking Cycle Centre	08.00 GRAVELBIKE TOUR 65 km Intermediate Sign up in Sportsbooking Cycle Centre
Padel	15:00 SOCIAL PADEL 16:00 SOCIAL PADEL Sign up in Sports booking Padel courts	10:00 PADEL BEGINNER 11:00 PADEL INTERMEDIATE 15:00 SOCIAL PADEL 16:00 SOCIAL PADEL Sign up in Sports booking Padel courts	10:00 PADEL BEGINNER 11:00 PADEL INTERMEDIATE 15:00 SOCIAL PADEL 16:00 SOCIAL PADEL Sign up in Sports booking Padel courts	10:00 PADEL BEGINNER 11:00 PADEL INTERMEDIATE 15:00 SOCIAL PADEL 16:00 SOCIAL PADEL Sign up in Sports booking Padel courts	10:00 PADEL BEGINNER 11:00 PADEL INTERMEDIATE 15:00 SOCIAL PADEL 16:00 SOCIAL PADEL Sign up in Sports booking Padel courts	10:00 PADEL BEGINNER 11:00 PADEL INTERMEDIATE 15:00 SOCIAL PADEL 16:00 SOCIAL PADEL Sign up in Sports booking Padel courts	10:00 PADEL BEGINNER 11:00 PADEL INTERMEDIATE 18:00 PADEL TOURNAMENT Sign up in Sports booking Padel courts
Tennis	10:00 TENNIS BEGINNER 11:00 TENNIS INTERMEDIATE 15:00 SOCIAL TENNIS 16:00 SOCIAL TENNIS Sign up in Sports booking Padel courts	10:00 TENNIS BEGINNER 11:00 TENNIS INTERMEDIATE 15:00 SOCIAL TENNIS 16:00 SOCIAL TENNIS Sign up in Sports booking Padel courts	10:00 TENNIS BEGINNER 11:00 TENNIS INTERMEDIATE 15:00 SOCIAL TENNIS 16:00 SOCIAL TENNIS Sign up in Sports booking Padel courts	10:00 TENNIS BEGINNER 11:00 TENNIS INTERMEDIATE 15:00 SOCIAL TENNIS 16:00 SOCIAL TENNIS Sign up in Sports booking Padel courts	10:00 TENNIS BEGINNER 11:00 TENNIS INTERMEDIATE 15:00 SOCIAL TENNIS 16:00 SOCIAL TENNIS Sign up in Sports booking Padel courts	10:00 TENNIS BEGINNER 11:00 TENNIS INTERMEDIATE 15:00 SOCIAL TENNIS 16:00 SOCIAL TENNIS Sign up in Sports booking Padel courts	10:00 SOCIAL TENNIS 11:00 SOCIAL TENNIS Sign up in Sports booking Padel courts
Swim lessons	10.00 CRAWL BEGINNERS 17.00 CRAWL INTERMEDIATE Open water Sign up in Sports booking Meeting Pontoon	10.00 CRAWL BEGINNERS 11.00 CRAWL INTERMEDIATE Open water or pool Sign up in Sports booking Meeting Pontoon	10.00 CRAWL BEGINNERS 17.00 CRAWL INTERMEDIATE open water or pool Sign up in Sports booking Meeting Sports booking	10.00 CRAWL INTERMEDIATE 17.00 CRAWL INTERMEDIATE open water or pool Sign up in Sports booking Meeting Sports booking	10.00 CRAWL BEGINNERS 17.00 CRAWL INTERMEDIATE open water or pool Sign up in Sports booking Meeting Sports booking	10.00 CRAWL BEGINNERS 17.00 CRAWL INTERMEDIATE open water or pool Sign up in Sports booking Meeting Sports booking	10.00 CRAWL BEGINNERS open water Sign up in Sports booking Meeting Sports booking
SUP	14.00 SUP LESSON Beginners Beach	14.00 SUPSAFARI Beach	14.00 SUP LESSON Beginners Beach	14.00 SUPSAFARI Beach	14.00 SUP LESSON Beginners Beach	14.00 SUPSAFARI Beach	14.00 SUP LESSON Beginners Beach
RACE			17:00 SWIM-RUN Sing up in Sports booking Pool Bar		17:00 KING OF THE HILLS Sign up in Sports Booking Pool Bar		

Redmarks require pre booking at Sports booking. Classes with Bluemarks are with our guestinstructors.

Please be aware that all instructions are in English and activities or use of facilities is at your own responsibility.

Run is adjusted after level of the group, it doesn't matter if you are beginner or high level, there is room for everyone.

