

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	16-mar	17-mar	18-mar	19-mar	20-mar	21-mar	22-mar
Head instructor	Richard	Richard	Kate	Emma	Emma	Marta	Richard
8:00		VINYASA FLOW YOGA (90 min) with Christine Yoga Shala	HATHA YOGA (90 min) with Christine Yoga Shala				
8:30	SUN SALUTATION Yoga Shala			SUN SALUTATION Yoga Shala	SUN SALUTATION Multicourt	SUN SALUTATION Multicourt	SUN SALUTATION Multicourt
9:00	MORNING WALK meet reception			SILENT MEDITATIONAL WALK meet reception	TENNIS TOURNAMENT Doubles mix €14 /person (incl. racket) Sign up at reception 09.30 CORE (30 mins) with Michaela Multicourt	TABATA Multicourt, with Michaela	MORNING WALK meet reception
10:00	CORE (30 mins) with Michaela Multicourt	HIIT with Michaela Multicourt	FUNCTIONAL with Michaela Multicourt	BOOTCAMP with Michaela Multicourt	YIN YOGA Yoga Shala	CORE (30 mins) Multicourt	CORE (30 mins) Multicourt with Micaela
11:00	TABATA Multicourt, with Michaela	CIRCUITS Multicourt, with Michaela	FITNESS X WOD Multicourt, with Michaela	CIRCUITS Multicourt, with Michaela		CIRCUITS Multicourt, with Michaela	TABATA Multicourt, with Michaela
15:00	AQUA Pool	CYCLE Minicourt Sign up at reception	AQUA Pool	FITNESS BOXING Multicourt	AQUA Pool	FITNESS X WOD Multicourt	AQUA Pool
16:00	STRETCH & RELAX Yoga Shala	STRETCH & RELAX Yoga Shala	STRETCH & RELAX Yoga Shala	HATHA YOGA Yoga Shala	STRETCH & RELAX Multicourt	STRETCH & RELAX Multicourt	STRETCH & RELAX Multicourt
17:00		TRY TENNIS- LESSON €5 Sign up at reception			FRIDAY WORKOUT Multicourt with Micaela		CYCLE Minicourt Sign up at reception
Surf lesson time is tide depended	SURF LESSON TIMES 06.30 & 15.30	SURF LESSON TIMES 15.30	SURF LESSON TIMES 06.30 & 08.30	SURF LESSON TIMES 06.30 & 08.30	SURF LESSON TIMES 06.30 & 09.00		SURF LESSON TIMES 08.30 & 10.30
Biking	*Bike rental is available daily please ask reception for designated times.						
Tennis	Match point Tennis - please ask in reception						
Treatments	Open daily from 09.00 - 17.00,. Please reserve your treatment in treatment reception						
Other activities	Kite surfing/ Enduro Motocross and other activities - please contact the reception						
Sports program is subject to changes. All training at your own risk.			All training is free of charge if there is not a price stated		All training held in english		
Classes marked in pink is by external partner or guest instructor			Meeting area written after each class		All yoga with professional yoga instructor		