

Playitas Resort - Sports Program - Week 44 | 26 October - 01 November 2020

	Monday 26-Oct	Tuesday 27-Oct	Wednesday 28-Oct	Thursday 29-Oct	Friday 30-Oct	Saturday 31-Oct	Sunday 01-Nov
08.00	PLAYITAS SUN SALUTATION Plaza Rambla	PLAYITAS SUN SALUTATION Plaza Rambla		PLAYITAS SUN SALUTATION Plaza Rambla	PLAYITAS SUN SALUTATION Plaza Rambla		
08.15	SOCIAL WALK Plaza Rambla	SOCIAL WALK Plaza Rambla		SOCIAL WALK Plaza Rambla	SOCIAL WALK Plaza Rambla		
09:00		TABATA MC1					X WOD COMPETITION Sign up SB with Peter Blaha at TC6
10.00	ZUMBA MC1	FAMILY FUNCTIONAL FITNESS with Peter Blaha MC1	FAMILY FUNCTIONAL FITNESS with Peter Blaha MC1	FAMILY FUNCTIONAL FITNESS with Peter Blaha MC1	FAMILY FUNCTIONAL FITNESS with Peter Blaha MC1	MORNING STRETCH MC1	BODY TONE MC1
10.30			HIKE TO GRAN TARAJAL Plaza Rambla				
11.00	BODY TONE MC1	BOX MC1	BODY BALANCE MC1	BOOTY MOVE MC1	ZUMBA MC1	FULL BODY MC1	TABATA MC1
15:00		FITNESS X WOD with Peter Blaha 4€ at TC6 (min 16 years) Sign up in Sportsbooking	FITNESS X WOD with Peter Blaha 4€ at TC6 (min 16 years) Sign up in Sportsbooking	FITNESS X WOD with Peter Blaha 4€ at TC6 (min 16 years) Sign up in Sportsbooking	FITNESS X WOD with Peter Blaha 4€ at TC6 (min 16 years) Sign up in Sportsbooking		
15.15		AQUA AEROBICS Aparthotel pool		AQUA AEROBICS Aparthotel pool		AQUA AEROBICS Aparthotel pool	
16.00	HIT MC1	POWER MC1	INDOOR CYCLE - INTERMEDIATE (min.16 years*) Spinning hall, Aparthotel floor 2 Sign up in Sportsbooking	PILATES MC1	BODY BALANCE MC1	HIT MC1	TOTALLY SHREDDED MC1
17.00	STRETCH & RELAX MC1	STRETCH & RELAX MC1	STRETCH & RELAX MC1	STRETCH & RELAX MC1		MOBILITY MC1	STRETCH & RELAX MC1

Program is subject to changes

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<b>Time</b>							
18:00 - 19:00	TC6 Individual Use 4€ pay as you go use of TC6 Sign up in Sportsbooking	TC6 Individual Use 4€ pay as you go use of TC6 Sign up in Sportsbooking	TC6 Individual Use 4€ pay as you go use of TC6 Sign up in Sportsbooking	TC6 Individual Use 4€ pay as you go use of TC6 Sign up in Sportsbooking	TC6 Individual Use 4€ pay as you go use of TC6 Sign up in Sportsbooking	TC6 Individual Use 4€ pay as you go use of TC6 Sign up in Sportsbooking	TC6 Individual Use 4€ pay as you go use of TC6 Sign up in Sportsbooking
<b>Golf Club house open 09:00-13:00</b>			09.00 GOLF INTRO 5€ meet in golf club house Sign up in Golf Reception			9.30 FOOT GOLF 5€ meet in golf club house Sign up in Golf Reception	
			10.00-12.00 BEGINNERS GOLF COURSE Info and prices in Golf Club house	10.00-12.00 BEGINNERS GOLF COURSE Info and prices in Golf Club house	10.00-12.00 BEGINNERS GOLF COURSE Info and prices in Golf Club house		
<b>Biking Cycle centre opening hours 08.00 – 10.00 &amp; 16.00 - 18.00</b>							
<b>Swimming</b>	14.00 ADULT GROUP SWIM €29 Lesson with Sharky Swim School. See flyer for details	14.00 ADULT GROUP SWIM €29 Lesson with Sharky Swim School. See flyer for details	14.00 ADULT GROUP SWIM €29 Lesson with Sharky Swim School. See flyer for details				
<b>Tennis Open 08:00-19:00</b>		11.00 TRY TENNIS LESSON €5 (incl racket) see flyer for details Info at the tennis courts	10.00 TENNIS TOURNAMENT Doubles mix. €14 per person (incl racquet) Info in the tennis courts				11.00 TRY TENNIS LESSON €5 (incl racket) see flyer for details Info at the tennis courts
<b>SUP Yoga</b>							
<b>FOR ALL PAYMENTS AND PREBOOKING PLEASE VISIT OUR SPORT BOOKING DEPARTMENT WHICH IS LOCATED IN THE FITNESS CENTRE. Sports Booking Opening Hours 09.00-13.00 and 15.00-17.00</b>							
<b>Program is subject to changes. All training at your own risk.</b>				<b>Gym open 08:00 - 20:00. Please note due to covid restrictions every 90 minutes the gym will be closed for 30 minutes for cleaning.</b>			
* For Indoor cycle : Sign up in advance in Fitness (min. 16 yrs)				Cycle Centre opening hours 08.00 to 10.00 and 16.00 to 18.00 daily.			
				MatchPoint Tennis - please ask in Sportsbooking			
The use of masks is mandatory, when training inside the mask must be worn at all times. Outside for training if you are able to maintain the 2 metre safety distance training can take place without a mask at all other times it must be worn.							
Golf: Join the 3 day beginner Golf Introduction: Info about prices at the golf clubhouse.				PLEASE REMEMBER TO HIRE YOU FITNESS MAT FOR THE WEEK AND BRING TO EACH CLASS			
MC1 and Volleyball court LIGHTS will be lit until 22.00				Dive Centre open 09:00-17:00			