

Sports Program - weekly (draft, subject to changes)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym	07:00-20:00 MORNING RUN Reception	07:00-20:00 MORNING WALK Reception	07:00-20:00 MORNING RUN Reception	07:00-20:00 MORNING WALK Reception	07:00-20:00 MORNING RUN Reception	07:00-20:00 MORNING WALK Reception	07:00-20:00 MORNING RUN Reception
07:30	SUN SALUTATION Theatre platform	SUN SALUTATION Theatre platform	SUN SALUTATION Theatre platform	SUN SALUTATION Theatre platform	SUN SALUTATION Theatre platform	SUN SALUTATION Theatre platform	SUN SALUTATION Theatre platform
08:00	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
09:00	BODY TONING Pink Area	HIT Pink Area	CORE Pink platform	FOAM ROLLER Sign up in Sports Booking Pink platform	CORE Pink platform	STEP WOD Box	BOOTYBURN Pink Area
10:00	POWERWALK 45 min Reception	HATHA YOGA Small fitness platform	Powerwalk 45 min Reception	5 K RUN Reception	HATHA YOGA Small outdoor area	STEP Pink Area	KETTLEBELL Sign up in Sports Booking WOD Box
11:00	SPIN / INDOOR CYCLING Sign up in Sports Booking Mini Fitness area	SOCIAL FOOTBALL 5-a-side Multicourt	SPIN / INDOOR CYCLING Sign up in Sports Booking Mini Fitness area	TABATA Small fitness platform	SPIN / INDOOR CYCLING Sign up in Sports Booking Mini Fitness area	SPIN / INDOOR CYCLING Sign up in Sports Booking Mini Fitness area	FITBALL Small fitness platform
11:00	PILATES Small fitness platform	FITBALL Pink Platform	TABATA Small fitness platform	SOCIAL BASKET 3 vs 3 Multicourt	SOCIAL FOOTBALL 5-a-side Fitness Centre	PILATES Small fitness platform	FITBALL Small fitness platform
14:00	WATER POLO Main pool	WATER POLO Main pool	WATER POLO Main pool	WATER POLO Main pool	WATER POLO Main pool	WATER POLO Main pool	WATER POLO Main pool
15:00	AQUA Pool	AQUA Pool	AQUA Pool	AQUA Pool	AQUA Pool	AQUA Pool	AQUA Pool
16:00	KETTLEBELL Sign up in Sports Booking WOD Box	SOCIAL BASKET 3 on 3 Multicourt	FITNESS-X-WOD Sign up in Sports Booking WOD Box	SOCIAL FOOTBALL 5-a-side Multicourt	FITNESS-X-WOD Sign up in Sports Booking WOD Box	HIT Small fitness platform	FITNESS-X-WOD Sign up in Sports Booking WOD Box
16:00	TRX Sign up in Sports booking Small fitness platform	SPIN / INDOOR CYCLING Sign up in Sports Booking Mini Fitness area	TRX Sign up in Sports booking Small Outdoor gym	SPIN / INDOOR CYCLING Sign up in Sports Booking Mini Fitness area	SPIN / INDOOR CYCLING Sign up in Sports Booking Mini Fitness area	TRX Sign up in Sports booking Small Outdoor gym	SPIN / INDOOR CYCLING Sign up in Sports Booking Mini Fitness area
17:00	CORE Theatre platform	STEP Pink Area	HILL SPRINTS Reception	BOOTYBURN Pink Area	RUNNING SKILLS Theatre platform	FOAM ROLLER Sign up in Sports Booking Pink Area	FUNCTIONAL Pink Area
18:00	Open Gym WOD BOX 18.00 - 20.00	Open Gym WOD BOX 18.00 - 20.00	Open Gym WOD BOX 18.00 - 20.00	Open Gym WOD BOX 18.00 - 20.00	Open Gym WOD BOX 18.00 - 20.00	Open Gym WOD BOX 18.00 - 20.00	Open Gym WOD BOX 18.00 - 20.00
18:00	STRETCH & RELAX Theatre platform	STRETCH & RELAX Theatre platform	STRETCH & RELAX Theatre platform	STRETCH & RELAX Theatre platform	STRETCH & RELAX Theatre platform	STRETCH & RELAX Theatre platform	STRETCH & RELAX Theatre platform
19:00	INFORMATION MEETING for new arrivals Pool bar	RUN 8-10 km 40- 55 min Reception	SUNSET YIN YOGA 90 min Pink Area	19:00 LATE NIGHT FITNESS - X - WOD Sign up in Sports Booking Wod Box	RUN 8-10 km 40- 55 min Reception	SUNSET POWER WALK 55 min Reception	INFORMATION MEETING for new arrivals Pool bar
20:00	AFTER WORKOUT Pool bar	AFTER WORKOUT Pool bar	AFTER WORKOUT Pool bar	AFTER WORKOUT Pool bar	AFTER WORKOUT Pool bar	AFTER WORKOUT Pool bar	AFTER WORKOUT Pool bar
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Roadbike	10.30 ROADBIKE TOUR GREEN ROAD 10km Beginners Sign up in Sportsbooking Cycle Centre	08.30 ROADBIKE TOUR RED ROAD 40km Beginners / intermediate Sign up in Sportsbooking Cycle Centre	08.30 ROADBIKE TOUR BLUE ROAD 20km Beginners / intermediate Sign up in Sportsbooking Cycle Centre	08.30 ROADBIKE TOUR BLUE ROAD 50km Intermediate / Advanced Sign up in Sportsbooking Cycle Centre	09.00 MTB TOUR BLUE 35km Beginners/Intermediate Sign up in Sportsbooking Cycle Centre	08.30 ROADBIKE TOUR RED ROAD 40km Intermediate / Advanced Sign up in Sportsbooking Cycle Centre	08.30 ROADBIKE TOUR RED ROAD 40km Intermediate / Advanced Sign up in Sportsbooking Cycle Centre
Roadbike	15.00 MTB TOUR BLUE 10 km Beginners Sign up in Sportsbooking Cycle Centre	08.30 ROADBIKE TOUR BLUE ROAD 15km Beginners Sign up in Sportsbooking Cycle Centre	15.00 MTB TOUR GREEN 5 km Beginners Sign up in Sportsbooking Cycle Centre	15.00 MTB TOUR BLUE 28 km Beginners/Intermediate Sign up in Sportsbooking Cycle Centre	15.00 ROADBIKE TOUR GREEN ROAD 15km Beginners Sign up in Sportsbooking Cycle Centre	15.00 MTB TOUR GREEN 15 km Beginners Sign up in Sportsbooking Cycle Centre	15.00 MTB TOUR GREEN 20 km Beginners Sign up in Sportsbooking Cycle Centre
Padel	10.00 & 15.00 SOCIAL PADEL Sign up in Sports booking Padel courts	10.00 SOCIAL PADEL & 15.00 PADEL SKILLS Sign up in Sports booking Padel courts	15.00 PADEL TOURNAMENT Sign up in Sports booking Padel courts	10.00 & 15.00 SOCIAL PADEL Sign up in Sports booking Padel courts	10.00 SOCIAL PADEL & 15.00 PADEL GAMES Sign up in Sports booking Padel courts	10.00 & 15.00 SOCIAL PADEL Sign up in Sports booking Padel courts	10.00 & 15.00 SOCIAL PADEL Sign up in Sports booking Padel courts
Tennis	15:00 SOCIAL TENNIS Sign up in Sports booking Tennis courts	SOCIAL TENNIS Red 08.00 Black 09.00 15.00 Social Play Sign up in Sports booking Tennis court	SUPERDRILLS 08.00 & 10.00 & 17.00 Sign up in Sports booking Tennis courts	SOCIAL TENNIS Black 08.00 Red 09.00 Blue 10.00 Green 11.00 15.00 Super drills Sign up in Sports booking Tennis court	SUPERDRILLS 08.00 & 10.00 & 17.00 Sign up in Sports booking Tennis courts	SOCIAL TENNIS Black 08.00 Red 09.00 Blue 10.00 Green 11.00 15.00 Super drills € Sign up in Sports booking Tennis court	SUPERDRILLS 08.00 & 10.00 & 17.00 Sign up in Sports booking Tennis courts
Swim lessons	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 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 INTERMEDIATE 17.00 CRAWL INTERMEDIATE open water 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
14:00	SUP LESSON Beginners Water sports station	SUP SAFARI Water sports station	KAYAK LESSON Beginners Water sports station	KAYAK SAFARI Water sports station	SUP LESSON Beginners Water sports station	SUP SAFARI Water sports station	SUP LESSON Beginners Water sports station
RACE		14:00 Aquathlon Run, Swim (OW), Run Sing up in sports booking		14:00 - 5K RACE Run track		16:00 SUPnRUN Sign up in Sports booking Meeting Sports booking	14:00 - King of the Mountain Hill rep competition Sign up in Sports booking

Redmarks require pre booking at Sports booking. Classes with Bluemarks are with our questructors. 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 a beginner or high level, there is room for everyone.

Social padel tennis and tennis sessions is between approx 45-50 min.

Meeting area stated on each class
Aqua and water polo are held at the main pool

This program is subject to changes! This is the online draft version of the sports program, you will always find the last updated version onsite .