Sports Camp Programme 16-30 june 2015 Playitas

	Monday June 23	Tuesday June 16 / 24	Wednesday June 18	Thursday June 19	Friday June 20	Saturday June 21	Sunday June 22
08:00 - 08:15	Sun Salutation at Plaza Rambla	Sun Salutation at Plaza Rambla	Sun Salutation at Plaza Rambla	Sun Salutation at Plaza Rambla	Sun Salutation at Plaza Rambla	Sun Salutation at Plaza Rambla	Sun Salutation at Plaza Rambla
08:15 - 09:15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09.15-10.00	Morning Yoga at MC1	Morning Run Meet at Plaza Rambla	Morning Walk Meet at Plaza Rambla	Morning Yoga at MC1	Excursion Day	Morning Run Meet at Plaza Rambla	Morning Yoga at MC1
Swimming in Olympic Pool and Swim Instruction available Monday to Friday from 10.00 - 12.00 Sign up in Sports Office							
10:00 - 11:00	Group Class - at TC6 Fitness-X-WOD	Group Class - at TC6 DanZy or Beach Football	Olympic Day at Beach	Group Class - at TC6 Zumba or Beach Football	Meet at Plaza Rambla	Group Class - at TC6 Fitness-X-WOD	Group Class - at TC6 Circuit for Fun
11.00 - 12.00	Volley Ball at Volleyball Court	Adventure Race meet at Sports Booking		Beach Bootcamp meet at beach		Indoor Cycle sign up at Sports Booking	Volley Ball at Volleyball Court
12.00 - 13.00	Floorball at Indoor Hall	Football at Indoor Hall		Handball at Indoor Hall		Football at Indoor Hall	Badminton at Indoor Hall
13:00 - 14:00	Lunch	Lunch	Lunch	Lunch		Lunch	Lunch
14.00 - 15.00	Free Time / Free Swim	Free Time / Free Swim	Free Time / Free Swim	Free Time / Free Swim		Free Time / Free Swim	Free Time / Free Swim
15.00-16.00	INTRO to Fitness Centre PreBook at Sports Booking		INTRO to Fitness Centre PreBook at Sports Booking	Aquathon Sign up in Sports Booking Meet at Plaza Rambla		INTRO to Fitness Centre PreBook at Sports Booking	INTRO to Fitness Centre PreBook at Sports Booking
	Run Training meet at Plaza Rambla	Flight Arrival / Departure	Run Training meet at Plaza Rambla			Run Training meet at Plaza Rambla	Fun Training meet at Plaza Rambla
16.00-17.00	Basket Ball at MC1	Check In Welcome meeting	Group Class - at MC1 Ruffie			Group Class - at MC1 HIT	Group Class at MC1 Team teach Battle
17.00 - 17.45	Rugby at the beach		Aqua Fun 17:15 (30 mins) at Aparthotel Pool			Beach Rounders / Baseball at beach	Aqua Fun 17:15 (30 mins) at Aparthotel Pool
18:00 - 18.45	Stretch and Relax on MC1	Stretch and Relax on MC1	Stretch and Relax on MC1	Stretch and Relax on MC1	Stretch and Relax on MC1	Stretch and Relax on MC1	Stretch and Relax on MC1
19.00 <	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner