

**Sports Program Week (example program subject to changes)**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gym</b>	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00
07:30	MORNING RUN Reception	MORNING WALK Reception	MORNING RUN Reception	MORNING WALK Reception	MORNING RUN Reception	MORNING WALK Reception	MORNING RUN Reception
08.00	MORNING YOGA Fitness platform	MORNING YOGA Fitness platform	MORNING YOGA Fitness platform	MORNING YOGA Fitness platform	MORNING YOGA Fitness platform	MORNING YOGA Fitness platform	MORNING YOGA Fitness platform
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	STEP WOD Box	DANZY Fitness platform	CIRCUIT TRAINING WOD Box	CORE Fitness platform	STEP Fitness platform	DANZY Fitness platform	CIRCUIT TRAINING WOD Box
10.00	SPIN / INDOOR CYCLING Sign up in Sports Booking	SPIN / INDOOR CYCLING Sign up in Sports Booking	SPIN / INDOOR CYCLING Sign up in Sports Booking	SPIN / INDOOR CYCLING Sign up in Sports Booking	SPIN / INDOOR CYCLING Sign up in Sports Booking	SPIN / INDOOR CYCLING Sign up in Sports Booking	SPIN / INDOOR CYCLING Sign up in Sports Booking
11.00	PILATES Fitness platform	YOGA Fitness platform	MOBILITY Fitness platform	YOGA Fitness platform	PILATES Fitness platform	YOGA Fitness platform	YOGA Fitness platform
11.00	TRX Sign up in Sports booking WOD Box	TABATA WOD Box	FOAM ROLLER Sign up in Fitness Centre Yoga/Fitness platform	TRX Sign up in Sports booking WOD Box	FITBALL Yoga/Fitness platform	FOAM ROLLER Sign up in Sports Booking Yoga/Fitness platform	TABATA WOD Box
11.00		SOCIAL FOOTBALL 5-a-side Multicourt	SOCIAL BASKET 3 on 3 Multicourt	SOCIAL FOOTBALL 5-a-side Multicourt	SOCIAL BASKET 3 on 3 Multicourt	SOCIAL FOOTBALL 5-a-side Multicourt	SOCIAL BASKET 3 on 3 Multicourt
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
15.00	HILL SPRINT RUN SESSION Reception	14.30 SOCIAL POWER WALK 90 min Reception	RUNNING INTERVALL Reception	RUNNING DRILLS Reception	HILL SPRINT RUN SESSION Reception	RUNNING INTERVALL Reception	HILL SPRINT RUN SESSION Reception
15.00	AQUA Main Pool	AQUA Main Pool	AQUA Main Pool	AQUA Main Pool	AQUA Main Pool	AQUA Main Pool	AQUA Main Pool
16.00	SPIN / INDOOR CYCLING Sign up in Sports Booking	SPIN / INDOOR CYCLING Sign up in Sports Booking	SPIN / INDOOR CYCLING Sign up in Sports Booking	SPIN / INDOOR CYCLING Sign up in Sports Booking	SPIN / INDOOR CYCLING Sign up in Sports Booking	SPIN / INDOOR CYCLING Sign up in Sports Booking	SPIN / INDOOR CYCLING Sign up in Sports Booking
16.00	SOCIAL FOOTBALL 5-a-side Multicourt		SOCIAL FOOTBALL 5-a-side Multicourt		SOCIAL FOOTBALL 5-a-side Multicourt		SOCIAL FOOTBALL 5-a-side Multicourt
17:00	BOXERCISE WOD box	SUPER CIRCUIT WOD Box	TRX Sign up in Sports booking WOD Box	SUPER CIRCUIT WOD Box	BOXERCISE WOD box	HIT WOD Box	DANZY Fitness platform
18:00	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box
18.00	STRETCH & RELAX Main Platform	STRETCH & RELAX Main Platform	STRETCH & RELAX Main Platform	STRETCH & RELAX Main Platform	STRETCH & RELAX Main Platform	STRETCH & RELAX Main Platform	STRETCH & RELAX Main Platform
18:00	SUNSET POWER WALK 55 min Reception	RUN 8-10 km 40- 55 min Reception	SUNSET POWER WALK 55 min Reception	SOCIAL RUN 40- 55 min Reception	SUNSET POWER WALK 55 min Reception	SOCIAL RUN 40- 55 min Reception	<b>20.00 PADEL TOURNAMENT PADEL COURTS</b>
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Roadbike</b>	08.00 ROAD/GRAVELBIKE TOUR 65 km Intermediate Sign up in Sportsbooking Cycle Centre	08.00 ROAD/GRAVELBIKE TOUR 40 km Beginners Sign up in Sportsbooking Cycle centre	08.00 ROAD/GRAVELBIKE TOUR 65 km Intermediate Sign up in Sportsbooking Cycle Centre	08.00 ROAD/GRAVELBIKE TOUR 40 km Beginners Sign up in Sportsbooking Cycle centre	08.00 ROAD/GRAVELBIKE TOUR 65 km Intermediate Sign up in Sportsbooking Cycle Centre	08.00 ROAD/GRAVELBIKE TOUR 40 km Beginners Sign up in Sportsbooking Cycle centre	08.00 ROAD/GRAVELBIKE TOUR 80-120 km Advanced Sign up in Sportsbooking Cycle Centre
<b>Padel</b>	10.00 PADEL BEGINNER 11.00 PADEL INTERMEDIATE 16.00 SOCIAL PADEL (ALL LEVELS) 17.00 SOCIAL PADEL (ALL LEVELS) Sign up in Sports booking	10.00 PADEL BEGINNER 11.00 PADEL INTERMEDIATE 16.00 SOCIAL PADEL (ALL LEVELS) 17.00 SOCIAL PADEL (ALL LEVELS) Sign up in Sports booking	10.00 PADEL BEGINNER 11.00 PADEL INTERMEDIATE 16.00 SOCIAL PADEL (ALL LEVELS) 17.00 SOCIAL PADEL (ALL LEVELS) Sign up in Sports booking	10.00 PADEL BEGINNER 11.00 PADEL INTERMEDIATE 16.00 SOCIAL PADEL (ALL LEVELS) 17.00 SOCIAL PADEL (ALL LEVELS) Sign up in Sports booking	10.00 PADEL BEGINNER 11.00 PADEL INTERMEDIATE 16.00 SOCIAL PADEL (ALL LEVELS) 17.00 SOCIAL PADEL (ALL LEVELS) Sign up in Sports booking	10.00 PADEL BEGINNER 11.00 PADEL INTERMEDIATE 16.00 SOCIAL PADEL (ALL LEVELS) 17.00 SOCIAL PADEL (ALL LEVELS) Sign up in Sports booking	10.00 PADEL BEGINNER 11.00 PADEL INTERMEDIATE 16.00 SOCIAL PADEL (ALL LEVELS) 17.00 SOCIAL PADEL (ALL LEVELS) Sign up in Sports booking
<b>Tennis</b>	10.00 TENNIS BEGINNER 11.00 TENNIS INTERMEDIATE 16.00 SOCIAL TENNIS (ALL LEVELS) 17.00 SOCIAL TENNIS (ALL LEVELS) Sign up in Sports booking	10.00 TENNIS BEGINNER 11.00 TENNIS INTERMEDIATE 16.00 SOCIAL TENNIS (ALL LEVELS) 17.00 SOCIAL TENNIS (ALL LEVELS) Sign up in Sports booking	10.00 TENNIS BEGINNER 11.00 TENNIS INTERMEDIATE 16.00 SOCIAL TENNIS (ALL LEVELS) 17.00 SOCIAL TENNIS (ALL LEVELS) Sign up in Sports booking	10.00 TENNIS BEGINNER 11.00 TENNIS INTERMEDIATE 16.00 SOCIAL TENNIS (ALL LEVELS) 17.00 SOCIAL TENNIS (ALL LEVELS) Sign up in Sports booking	10.00 TENNIS BEGINNER 11.00 TENNIS INTERMEDIATE 16.00 SOCIAL TENNIS (ALL LEVELS) 17.00 SOCIAL TENNIS (ALL LEVELS) Sign up in Sports booking	10.00 TENNIS BEGINNER 11.00 TENNIS INTERMEDIATE 16.00 SOCIAL TENNIS (ALL LEVELS) 17.00 SOCIAL TENNIS (ALL LEVELS) Sign up in Sports booking	10.00 TENNIS BEGINNER 11.00 TENNIS INTERMEDIATE 16.00 SOCIAL TENNIS (ALL LEVELS) 17.00 SOCIAL TENNIS (ALL LEVELS) Sign up in Sports booking
<b>Swim lessons</b>	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 BEGINNERS 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 BEGINNERS open water Sign up in Sports booking Meeting Sports booking	10.00 CRAWL INTERMEDIATE 17.00 CRAWL BEGINNERS open water or pool Sign up in Sports booking Meeting Sports booking	10.00 CRAWL INTERMEDIATE 17.00 CRAWL BEGINNERS 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
<b>Water sports station</b>	14.00 SUP LESSON Beginners Water sports station	10.00 SUPSAFARI (2h) Water sports station	14.00 SUP LESSON Beginners Water sports station	10.00 SUPSAFARI (2h) Water sports station	14.00 SUP LESSON Beginners Water sports station	10.00 SUPSAFARI (2h) Water sports station	14.00 SUP LESSON Beginners Water sports station
<b>RACE</b>		17:00 Aquathlon Run, Swim (OW), Run Sing up in sports booking		17:00 - 5K RACE Run track		11.00 SUPnRUN Sign up in Sports booking Meeting Sports booking	16:00 - 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 questinstructors.

Program is subject to changes

Meeting area stated on each class

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.

Last time to sign up for the road bike tour is 12.00 the day before. Social padel tennis and tennis sessions is between approx 45-50 min.

Aqua and water polo are held at the main pool

This is the online version of the sportsprogram, you will always find the last updated version onsite on our activity boards