

Sports Program Week 23



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	MORNING RUN 30 min Reception	MORNING POWERWALK 30 min Reception	MORNING RUN 30 min Reception	MORNING POWERWALK 30 min Reception	MORNING RUN 30 min Reception	RUN HILL REPS ALL LEVELS 30 min Reception	MORNING POWERWALK 30 min Reception
8:00	MONRING YOGA Pink Platform	MONRING YOGA Pink Platform	MONRING YOGA Pink Platform	MONRING YOGA Pink Platform	MONRING YOGA Pink Platform	MONRING YOGA Pink Platform	MONRING YOGA Pink Platform
9:00	MORNING POWERWALK 45min Reception	MORNING RUN 45 min Reception	MORNING POWERWALK 45min Reception	MORNING RUN 45 min Reception	MORNING POWERWALK 45min Reception	MORNING RUN 45 min Reception	5k & 10K Sign up in SPORTSHOP/BOOKING Reception
9:00	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box
10:00	SPIN with TINA Sign up in SPORTSHOP/BOOKING Pink Platform	SPIN with TINA Sign up in SPORTSHOP/BOOKING Pink Platform	SPIN with TINA Sign up in SPORTSHOP/BOOKING Pink Platform	SPIN with TINA Sign up in SPORTSHOP/BOOKING Pink Platform	SPIN with TINA Sign up in SPORTSHOP/BOOKING Pink Platform	SPIN with TINA Sign up in SPORTSHOP/BOOKING Pink Platform	SPIN Sign up in Fitness Centre Pink Platform
11:00	CORE Pink Platform	PILATES Pink Platform	CORE Pink Platform	FOAM ROLLER Sign up in SPORTSHOP/BOOKING Pink Platform	CPRE Pink Platform	PILATES Pink Platform	FOAM ROLLER Sign up in SPORTSHOP/BOOKING Pink Platform
11:00	KETTLEBELL INTRO Sign up in SPORTSHOP/BOOKING WOD Box	TABATA WOD BOX	KETTLEBELL BLAST Sign up in SPORTSHOP/BOOKING WOD Box	DANCE FIT Pink Platform	BOOTYBURN WOD BOX	PUMP & TONE with Tina Sign up in SPORTSHOP/BOOKING WOD Box	BOOTYBURN Pink Platform
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	TABATA Pink Platform	PUMP & TONE Sign up in Fitness Centre WOD Box	TABATA Pink Platform	HIT / CORE Pink Platform	BOOTCAMP WIOX BOX	TABATA WIOX BOX	ZUMBA Pink Platform
16:00	DANCE FIT Pink Platform	BOOTYBURN Pink Platform	DANCE FIT Pink Platform	CORE Pink Platform	DANCE FIT Pink Platform	CORE Pink Platform	CORE WOD BOX
17:00	SPIN Sign up in SPORTSHOP/BOOKING Pink Platform	SPIN Sign up in SPORTSHOP/BOOKING Pink Platform	SPIN Sign up in SPORTSHOP/BOOKING Pink Platform	SPIN Sign up in SPORTSHOP/BOOKING Pink Platform	SPIN Sign up in SPORTSHOP/BOOKING Pink Platform	SPIN Sign up in SPORTSHOP/BOOKING Pink Platform	SPIN Sign up in SPORTSHOP/BOOKING Pink Platform
17:00	FUNCTIONAL WOD box	AQUATHLON Sign up in SPORTSHOP/BOOKING Reception	FITNESS BOXING WOD Box	PUMP & TONE Sign up in SPORTSHOP/BOOKING WOD Box	KETTLEBELL INTRO Sign up in SPORTSHOP/BOOKING WOD Box	CPRE WOD box	DANCE FIT WOD box
18:00	STRETCH & RELAX Pink Platform	STRETCH & RELAX Pink Platform	STRETCH & RELAX Pink Platform	STRETCH & RELAX Pink Platform	STRETCH & RELAX Pink Platform	STRETCH & RELAX Pink Platform	STRETCH & RELAX Pink Platform
18:00	SUN SET RUN 30 min Reception	RUNNING DRILLS & DYNAMICS 30 min Reception	SUN SET RUN 30 min Reception	RUNNING INTERVALS All levels Reception 21.00 AWARDS CEREMONY Reception	STRENGTH TRAINING FOR RUNNERS	RUNNING DRILLS & DYNAMICS 30 min Reception	SUN SET RUN 30 min Reception
19:00	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SOCIAL SPORTS	SOCIAL FOOTBALL 11.00 & 18.30 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBALL 11.00 & 18.30 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBALL 11.00 & 18.30 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBALL 11.00 & 18.30 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBALL 11.00 & 18.30 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBALL 11.00 & 18.30 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBALL 11.00 & 18.30 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach
Roadbike	08:30 RED MTB 35KM 09:45 BLUE ROAD 25KM 15:00 BLUE MTB 13KM	08:30 BLACK ROAD 60KM 09:45 RED MTB 21KM 15:00 GREEN MTB 7KM	0830 RED ROAD 58KM 0945 RED MTB 25KM 1530 BLUE MTB 17KM	0830 BLACK MTB 40K 0945 RED ROAD 35K 1530 GREEN ROAD 25K	0830 BLACK ROAD 60KM 0945 BLUE MTB 22KM 1530 GREEN MTB 12KM	09:00 RED ROAD 38KM 15:00 GREEN MTB 7KM	09:00 RED ROAD 38KM 15:00 GREEN MTB 7KM
Swim lesson	10.00 & 15.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre	10.00 & 15.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre	15.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre	15.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre	16.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre	08.30 & 15.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre	
Swim lesson	11.00 & 16.00 SWIM CRAWL LESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre	11.00 & 16.00 SWIM CRAWL LESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre	16.00 SWIM CRAWL LESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre	16.00 SWIM CRAWL LESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre	17.00 SWIM CRAWL LESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre	09.30 & 16.00 SWIM CRAWL LESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre	
Tennis	07:30 FIT FOR TENNIS 08.30 BLACK GROUP SESSION 09.30 RED GROUP SESSION 10.30 BLUE GROUP SESSION 11.30 GREEN GROUP SESSION 1500 BLUE/RED GROUP SESSION 16.00SUPERDRILLS "extra charge" 1700 SOCIAL TENNIS	08.30 RED GROUP SESSION 09.30 BLACK GROUP SESSION 10.30 GREEN GROUP SESSION 11.30 BLUE GROUP SESSION 1500 RED/BLUE GROUP SESSION 16.00SUPERDRILLS "extra charge" 17.00SOCIAL TENNIS 2hrs	07.30 FIT FOR TENNIS 08.30 BLACK GROUP SESSION 09.30 RED GROUP SESSION 10.30 BLUE GROUP SESSION 11.30 GREEN GROUP SESSION 1500 BLUE/RED GROUP SESSION 16.00CACHES EXHIBITION 1800 BOOZE AND BALLS	08.30 RED/BLACK TOURNEMANT 1030 GREEN/BLUE TOURNEMANT 1500 SUPERDRILLS extra charge 17.00SOCIAL TENNIS 2hrs	07.30 FIT FOR TENNIS 08.30 BLACK GROUP SESSION 09.30 RED GROUP SESSION 10.30 BLUE GROUP SESSION 11.30 GREEN GROUP SESSION 1500 BLUE/RED GROUP SESSION 16.00SUPERDRILLS "extra charge" 1700 SOCIAL TENNIS	08.30 BLACK GROUP SESSION 09.30 RED GROUP SESSION 10.30 BLUE GROUP SESSION 11.30 GREEN GROUP SESSION 15.00SUPERDRILLS "extra charge" 16.00SOCIAL TENNIS 2hrs	08.30 BLACK GROUP SESSION 09.30 RED GROUP SESSION 10.30 BLUE GROUP SESSION 11.30 GREEN GROUP SESSION 15.00SUPERDRILLS "extra charge" 16.00SOCIAL TENNIS 2hrs

Padel	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAINING INTERMEDIATE 11.00 PADEL AMERICANO 16.00 PADEL TRAINING BEGINNER 17.00 PADEL TRAINING INTERMEDIATE 18.00 PADEL AMERICANO Sign up in Fitness Centre Padel courts	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAINING INTERMEDIATE 11.00 PADEL AMERICANO 16.00 PADEL TRAINING BEGINNER 17.00 PADEL TRAINING INTERMEDIATE 18.00 PADEL AMERICANO Sign up in Fitness Centre Padel courts	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAINING INTERMEDIATE 11.00 PADEL AMERICANO 16.00 PADEL TRAINING BEGINNER 17.00 PADEL TRAINING INTERMEDIATE 18.00 PADEL AMERICANO Sign up in Fitness Centre Padel courts	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAINING INTERMEDIATE 11.00 PADEL AMERICANO 18.00 PADEL TOURNAMENT Sign up in Fitness Centre Fitness Centre	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAINING INTERMEDIATE 11.00 PADEL AMERICANO 16.00 PADEL TRAINING BEGINNER 17.00 PADEL TRAINING INTERMEDIATE 18.00 PADEL AMERICANO Sign up in Fitness Centre Padel courts	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAINING INTERMEDIATE 11.00 PADEL AMERICANO 16.00 PADEL TRAINING BEGINNER 17.00 PADEL TRAINING INTERMEDIATE 18.00 PADEL AMERICANO Sign up in Fitness Centre Padel courts	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAINING INTERMEDIATE 11.00 PADEL AMERICANO 16.00 PADEL TRAINING BEGINNER 17.00 PADEL TRAINING INTERMEDIATE 18.00 PADEL AMERICANO Sign up in Fitness Centre Padel courts
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Redmarks require pre booking at Sports booking. Classes with Bluemarks are with our questinstructors.
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 dosen't matter if your 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 sessions is between 40 to 50 min.

All other classes please meet at SPORTZONE
Aqua and water polo are held at the Cubana pool
Sauna & Icebath is unsupervised but super cool. Make your reservation in sports booking
This is the online version of the sportsprogram.