

Sports Program Week 21

	Sunday 22.05	Monday 23.05	Tuesday 24.05	Wednesday 25.05	Thursday 26.05	Friday 27.05	Saturday 28.05
Gym	07:00-20:01	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00
08:00		MORNING FLOW @Pink Platform	MORNING HATHA YOGA @Pink Platform	MORNING YOGA @Pink Platform	MORNING HATHA YOGA @Multicourt	08:00 MORNING YOGA @Pink Platform 08:00 MORNING RUN 30mins meet @Small pink platform	MORNING FLOW @Pink Platform
09:00		POWERWALK 30mins meet @Small pink platform	WALK TO MYRINA'S CASTLE (2hrs) meet @Small pink platform	8:30 RUN 10-12km with Marcus Intermediate (5:00-5:30 Pace) Meet @Reception	FITNESS-X-WOD @WOD Box Sign up in Sportshop		Aquathon Race Meet @SportShop. Sign up @SportShop
09:00		FITNESS-X-WOD @WOD Box Sign up at Sportshop	INTERVALS TO THE TRACK n FIELD (3k run, 5k Intervals on Track, 3k easy run) meet @Reception	BOOTY STEP @Pink platform. Sign up at Sportshop		POWERWALK 30mins meet @Small pink platform	
10:00		PILATES @Pink Platform	FITNESS-X-WOD @WOD Box Sign up at Sportshop	FITNESS-X-WOD @WOD Box Sign up at Sportshop	INDOOR SPIN @Indoor Conference Hall	STRENGTH with Matilda @WOD Box	FITNESS-X-WOD @WOD Box Sign up at Sportshop
11:00		KILLER LEGS **meet @Pink Platform	OLYMPIC WEIGHTLIFTING @WOD Box Sign up at Sportshop	STRENGTH with Matilda @WOD Box	FOOT TRAINING Meet @ Small Pink Platform	CORE @WOD Box	BOOTYLICIOUS with Matilda @WOD Box
11:00			DANCE FITNESS with Petra @WOD Box	MOBILITY @Pink Platform	DANCE FITNESS with Petra @WOD Box		HEALTHY BACK @Pink Platform
15:00	14:00 WELCOME MEETING @Pool	AQUA @Pool	AQUA @Pool	15:15 AQUA @Pool		AQUA @Pool	
15:00		INDOOR SPIN @Indoor Conference Hall	INDOOR SPIN @Indoor Conference Hall		OPEN WATER SWIMMING @meet at SportShop. Sign up at SportShop		
16:00	EVENING RUN 5k *meet at the Reception	HIIT TRAINING meet @Small Pink Platform	FITNESS-X-WOD @WOD Box Sign up at Sportshop	BEACH VOLLEYBALL TOURNAMENT @Beachvolley court	FITNESS-X-WOD @WOD Box Sign up at Sportshop	PILATES @Pink Platform	CORE @Pink Platform
16:00		CORE with Matilda @WOD Box	SOCIAL BASKETBALL @Multicourt	HIIT @ Multicourt	CORE meet @Small pink platform	SOCIAL FOOTBALL 5x5 @Multicourt	SOCIAL BASKETBALL @Multicourt
17:00	STRETCH & RELAX @ Pink Fitness Platform	STRETCH & RELAX @ WOD Box	STRETCH & RELAX @ Pink Fitness Platform	STRETCH & RELAX @ Pink Fitness Platform	STRETCH & RELAX @ WOD BOX	STRETCH & RELAX @ WOD BOX	STRETCH & RELAX @ Pink Fitness Platform
17:00		BEACHVOLLEY @Beachvolley court	SOCIAL FOOTBALL 5x5 @Multicourt	SOCIAL BASKETBALL @ Multicourt		EVENING RUN Meet @ small pink Platform	BEACH VOLLEYBALL @Beachvolley court
18:00		SUNSET FAST CASTLE RUN 4K Meet @ Reception	EVENING WALK 30mins meet @ small Pink Platform	MEDITATION Meet @ Pink Platform			EVENING WALK 30min meet @ Small Pink Platform
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gravel Bike		08:30 Bike Ride 33k Gravel foundation Sign-up at Sportshop		08:30 Bike Ride 20K Easy Rise 'n' Spin Sign-up at cycle center	08:30 Bike Ride 33k Gravel foundation Sign-up at Sportshop 16:00 Easy Bike ride 15K	08:30 Bike Ride 44k GoMaui Sign-up at cycle center	08:30 Bike Ride 20K Easy Rise 'n' Spin Sign-up at cycle center
Padel		13:00-13:50 Tennis Lesson Beginners @ Tennis Courts	13:00-13:50 Tennis Lesson Intermediate @ Tennis Courts	13:00-13:50 Tennis Social Tournament @ Tennis Courts	13:00-13:50 Tennis Lesson Beginners @ Tennis Courts	13:00-13:50 Tennis Lesson Intermediate @ Tennis Courts	13:00-13:50 Tennis Social Tournament @ Tennis Courts
Tennis		14:00 - 14:50 Padel Lesson Beginners @ Padel Courts	14:00 - 14:50 Padel Lesson Intermediate @ Padel Courts	14:00 - 14:50 Padel Social Tournament @ Padel Courts	14:00 - 14:50 Padel Lesson Beginners @ Padel Courts	14:00 - 14:50 Padel Lesson Intermediate @ Padel Courts	14:00 - 14:50 Padel Social Tournament @ Padel Courts
Swim lessons			16:30 Crawl Beginner Lesson @Pool	11:00 Crawl Intermediate Lesson @Pool	11:30 Crawl Beginner Lesson @Pool	16:00 Crawl Beginner Lesson @Pool	
WaterSports Station		10:00- 13:00 , 15:00-17:00 Kayak free use @ Beach Station	10:00- 13:00 , 15:00-17:00 Kayak free use @ Beach Station	10:00- 13:00 , 15:00-17:00 Kayak free use @ Beach Station	10:00- 13:00 , 15:00-17:00 Kayak free use @ Beach Station	10:00- 13:00 , 15:00-17:00 Kayak free use @ Beach Station	10:00- 13:00 , 15:00-17:00 Kayak free use @ Beach Station

Redmarks require pre booking at Sports booking. Classes with Bluemarks are with our guestinstructors.

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.

Program is subject to changes

Meeting area stated on each class

Aqua and water polo are held at the main pool

Sauna & bath is unsupervised but super cool. Make your reservation in sports booking

This is the online version of the sportsprogram, you will always find the last updated version onsite