

Sports Program draft Monte Feliz w 24/25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30	MORNING RUN 30 min Reception	MORNING POWERWALK 45min Reception	MORNING RUN 30 min Reception	MORNING POWERWALK 45min Reception	MORNING RUN 30 min Reception	MORNING POWERWALK 45min Reception	MORNING RUN 30 min Reception
08:00	MORNING YOGA / STRETCH Pink Platform	MORNING YOGA / STRETCH Pink Platform	MORNING YOGA / STRETCH Pink Platform	MORNING YOGA / STRETCH Pink Platform	MORNING YOGA / STRETCH Pink Platform	MORNING YOGA / STRETCH Pink Platform	MORNING YOGA / STRETCH Pink Platform
09:00	MORNING POWERWALK 45min Reception	MORNING RUN 30 min Reception	MORNING POWERWALK 45min Reception	MORNING RUN 30 min Reception	MORNING POWERWALK 45min Reception	MORNING RUN 30 min Reception	Sk & 10K Sign up in Fitness Centre Reception
09:00	FITNESS-X-WOD Sign up in Fitness Centre WOD Box	FITNESS-X-WOD Sign up in Fitness Centre WOD Box	FITNESS-X-WOD Sign up in Fitness Centre WOD Box	FITNESS-X-WOD Sign up in Fitness Centre WOD Box	FITNESS-X-WOD Sign up in Fitness Centre WOD Box	FITNESS-X-WOD Sign up in Fitness Centre WOD Box	FITNESS-X-WOD Sign up in Fitness Centre WOD Box
10:00	INDOOR CYCLING Sign up in Fitness Centre Spin platform	INDOOR CYCLING Sign up in Fitness Centre Spin platform	INDOOR CYCLING Sign up in Fitness Centre Spin platform	INDOOR CYCLING Sign up in Fitness Centre Spin platform	INDOOR CYCLING Sign up in Fitness Centre Spin platform	INDOOR CYCLING Sign up in Fitness Centre Spin platform	SPIN Sign up in Fitness Centre Spin platform
11:00	PILATES Pink Platform	CORE Pink Platform	FOAM ROLLER Pink Platform	PILATES Pink Platform	CORE Pink Platform	DANCE FUSION Multicourt	LATE FITNESS-X-WOD Sign up in Fitness Centre WOD Box
11:00	KETTLEBELL INTRO Sign up in Fitness Centre WOD Box	TABATA WOD BOX	KETTLEBELL BLAST Sign up in Fitness Centre WOD Box	ZUMBA WOD BOX	BOOTYBURN WOD BOX	PUMP & TONE Sign up in Fitness Centre WOD Box	BOOTYBURN WOD BOX
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	DANCE FUSION Multicourt	BOOTCAMP WOD box	HIT WOD BOX	PUMP & TONE Sign up in Fitness Centre WOD Box	BOOTCAMP WIOD BOX	TABATA WIOD BOX	ZUMBA Pink Platform
17:00	STRENGTH WORKOUT FOR RUNNERS Reception	AQUATHLON Sign up in Fitness Centre Reception	RUNNING DRILLS & DYNAMICS Reception	Sk & 10K Sign up in Fitness Centre Reception	18:00 STRENGTH WORKOUT FOR RUNNERS WOD BOX	AFTERNOON RUN 30 - 45 min Reception	AFTERNOON RUN 30 - 45 min Reception
17:00	LATE FITNESS-X-WOD Sign up in Fitness Centre WOD Box	LATE FITNESS-X-WOD Sign up in Fitness Centre WOD Box	LATE FITNESS-X-WOD Sign up in Fitness Centre WOD Box	LATE FITNESS-X-WOD Sign up in Fitness Centre WOD Box	LATE FITNESS-X-WOD Sign up in Fitness Centre WOD Box	LATE FITNESS-X-WOD Sign up in Fitness Centre WOD Box	LATE FITNESS-X-WOD Sign up in Fitness Centre 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
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SOCIAL SPORTS	SOCIAL FOOTBALL 11.00 @ Multicourt BEACH VOLLEY BALL 17.00 @ Beach	SOCIAL FOOTBALL 11.00 & 18.30 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBALL 11.00 @ Multicourt BEACH VOLLEY BALL 17.00 @ Beach	SOCIAL FOOTBALL 11.00 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBALL 11.00 & 18.30 @ Multicourt BEACH VOLLEY BALL 17.00 @ Beach	SOCIAL FOOTBALL 11.00 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBALL 11.00 @ Multicourt BEACH VOLLEY BALL 17.00 @ Beach
Roadbike	09.00 ROAD BIKE BEGINNER TOUR Bike center	15.00 ROAD INTERMEDIATE TOUR Bike center	09.00 ROAD BIKE BEGINNER TOUR Bike center	09.00 ROAD INTERMEDIATE TOUR Bike center	16.00 ROAD BIKE EXPERT TOUR Bike center	09.00 ROAD INTERMEDIATE TOUR Bike center	09.00 ROAD BIKE BEGINNER TOUR Bike center
Swim lesson	T B A	T B A	T B A	T B A	T B A	T B A	
Tennis	15.00 TENNIS TRAINING BEGINNER 16.00 TENNIS TRAINING INTERMEDIATE 17.00 SOCIAL TENNIS Tennis courts	09.00 TENNIS TRAINING BEGINNER 10.00 TENNIS TRAINING INTERMEDIATE 11.00 SOCIAL TENNIS Tennis courts	15.00 TENNIS TRAINING BEGINNER 16.00 TENNIS TRAINING INTERMEDIATE 17.00 SOCIAL TENNIS Tennis courts	09.00 TENNIS TRAINING BEGINNER 10.00 TENNIS TRAINING INTERMEDIATE 11.00 SOCIAL TENNIS Tennis courts	15.00 TENNIS TRAINING BEGINNER 16.00 TENNIS TRAINING INTERMEDIATE 17.00 SOCIAL TENNIS Tennis courts	18.00 TENNIS TOURNAMENT Sign up in Fitness Centre Tennis courts	09.00 TENNIS TRAINING BEGINNER 10.00 TENNIS TRAINING INTERMEDIATE 11.00 SOCIAL TENNIS Tennis courts
Padel	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAINING INTERMEDIATE 11.00 PADEL AMERICANO Padel courts	15.00 PADEL TRAINING BEGINNER 16.00 PADEL TRAINING INTERMEDIATE 17.00 PADEL AMERICANO Padel courts	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAINING INTERMEDIATE 11.00 PADEL AMERICANO Padel courts	18.00 PADEL TOURNAMENT Sign up Padel courts	15.00 PADEL TRAINING BEGINNER 16.00 PADEL TRAINING INTERMEDIATE 17.00 PADEL AMERICANO Padel courts	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAINING INTERMEDIATE 11.00 PADEL AMERICANO Padel courts	16.00 PADEL TRAINING BEGINNER 16.00 PADEL TRAINING INTERMEDIATE 17.00 PADEL AMERICANO Padel courts
WATERSPORT	STAND UP PADDLE BOARD & KAYAK WINDSURF, WATERSKI & WAKEBOARD Pre book on request Watersport center	STAND UP PADDLE BOARD WATERSKI & WAKEBOARD Pre book on request Watersport center	STAND UP PADDLE BOARD WATERSKI & WAKEBOARD Pre book on request Watersport center	STAND UP PADDLE BOARD WATERSKI & WAKEBOARD Pre book on request Watersport center	STAND UP PADDLE BOARD WATERSKI & WAKEBOARD Pre book on request Watersport center	STAND UP PADDLE BOARD WATERSKI & WAKEBOARD Pre book on request Watersport center	STAND UP PADDLE BOARD WATERSKI & WAKEBOARD Pre book on request Watersport center

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 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 sessions is between 40 to 50 min.

All other classes please meet at SPORTZONE

Aqua and water polo are held at the Cubana pool

This is the draft version of the sportsprogram.

The final program will presented onsite