

Activity Programme



Tuesday 07/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
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| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:00:00 | 12:00:00 | *Snorkel Safari Beginners (adults and kids +8 years) | Dive Centre |
| 08:00:00 | 14:00:00 | *Scuba Safari Qualified Divers | Dive Centre |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:45:00 | 09:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 11:30:00 | Green Team hosted Half Marathon, 14k and 7k | Stadium |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 11:45:00 | 50-60 km road bike tour, 24-26 km/h avg. speed | Bike Centre |
| 09:00:00 | 09:50:00 | Golf Functional Training | Golf Area |
| 09:00:00 | 09:40:00 | Introduction to bouldering, min. 15 years (Collect bouldering shoes from Sports Booking before class) | Bouldering Room |
| 09:00:00 | 09:45:00 | 2 Generation TRX, min. 10 years | TRX area/ Stadium |
| 09:00:00 | 09:50:00 | HYROX WOD | Functional Zone |
| 09:00:00 | 09:50:00 | Introduction to CrossFit | CrossFit area |
| 09:00:00 | 09:50:00 | Padel Serve – Intermediate – Level 3.0-4.0 | Padel Court 4 |
| 09:00:00 | 09:40:00 | Tennis Fitness | Tennis Court 1 |
| 09:00:00 | 09:50:00 | Barefoot Fitness | Volcano |
| 09:10:00 | 09:40:00 | Toddlers Water Experience, 12-35 months | Wellness Centre entrance |
| 09:15:00 | 09:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:15:00 | 09:55:00 | Kayak Instruction Beginners | Watersports Centre |
| 09:30:00 | 10:30:00 | Fun Time: Bike Skillz Squad 3-5 years | Bike Centre |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 09:45:00 | 10:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beginners | Watersports Centre |
| 10:00:00 | 10:30:00 | Baby Swimming in The Wellness Centre, max. 12 months | Wellness Centre entrance |
| 10:00:00 | 10:45:00 | Golf, 7-12 years | Golf Area |
| 10:00:00 | 10:50:00 | Kettlebell training, all levels | Functional Zone |
| 10:00:00 | 10:50:00 | CrossFit Team WOD (only for experienced) | CrossFit area |
| 10:00:00 | 12:00:00 | Tennis Social Tournament, min. 15 years | Tennis Court 1 |
| 10:00:00 | 10:50:00 | Badminton Instruction Intermediate | North Hall |
| 10:00:00 | 10:45:00 | Padel Instruction Intermediate 10-15 years | Padel Court 4 |

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| 10:00:00 | 10:45:00 | BODYATTACK™ | Volcano |
| 10:15:00 | 10:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 10:45:00 | 11:45:00 | Fun Time: Bike Skillz Squad 6-8 years | Bike Centre |
| 10:45:00 | 11:15:00 | Bus/Taxi transfer to the Airport | North Reception |
| 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |
| 11:00:00 | 11:45:00 | SUP Fitness | Watersports Centre |
| 11:00:00 | 11:40:00 | Introduction to Dryland Swimming Session | Functional Zone |
| 11:00:00 | 11:45:00 | Golf, 13-17 years | Golf Area |
| 11:00:00 | 11:50:00 | Padel Beginners– Level 1.0-3.0 | Padel Court 4 |
| 11:00:00 | 11:45:00 | Badminton Instruction Beginners 6-10 years | North Hall |
| 11:00:00 | 11:50:00 | Pilates, all levels | 5-a-side |
| 11:00:00 | 11:55:00 | BODYPUMP™ | Volcano |
| 11:00:00 | 12:00:00 | Aerial Fitness | Dance Studio |
| 11:15:00 | 11:55:00 | Aqua jogging | South Pool |
| 11:30:00 | 13:00:00 | Windsurf Instruction Beginners | Watersports Centre |
| 12:00:00 | 12:45:00 | Badminton Instruction Beginners 10-15 years | North Hall |
| 12:00:00 | 12:50:00 | Padel Advanced– Level 4.0-5.0 | Padel Court 4 |
| 12:15:00 | 12:45:00 | Aerial Relaxation | Dance Studio |
| 13:00:00 | 15:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 17:00:00 | *Scuba Beach Dive Beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 13:50:00 | Golf - Wedging | TrackMan Studio |
| 13:00:00 | 13:40:00 | Breathe better - live better | Dance Studio |
| 13:00:00 | 14:00:00 | Football for seniors | 5-a-side |
| 13:15:00 | 14:00:00 | Basic gymnastic, 6-10 years | South Hall |
| 13:30:00 | 14:30:00 | NutriBalance: Starter Nutrition Package | NutriBalance Office (Square) |
| 14:00:00 | 16:00:00 | *Workshop: Men - all about man'o'pause w/ Sally Walker | North Conference Centre |
| 14:00:00 | 14:55:00 | Windsurf Instruction Intermediate | Watersports Centre |
| 14:00:00 | 14:45:00 | Swim technique with video | South Pool |
| 14:00:00 | 14:50:00 | Golf - "Closest to the pin" | TrackMan Studio |
| 14:00:00 | 14:50:00 | Tennis instruction Beginner 1 | Tennis Court 2 |
| 14:00:00 | 15:30:00 | Pilates Reformer, all levels (with socks!) | Dance Studio |
| 14:00:00 | 14:55:00 | Hatha Yoga | Volcano |
| 14:05:00 | 14:50:00 | Basic gymnastic, 10-15 years | South Hall |
| 14:15:00 | 14:45:00 | Deep Water Aerobics | North Pool |
| 15:00:00 | 16:00:00 | Introduction to road cycling | Bike Centre |
| 15:00:00 | 16:30:00 | Wingfoil, intermediate (wing experience required) | Watersports Centre |

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| 15:00:00 | 15:25:00 | Swimming: Learn Front Crawl, 6-10 years | South Pool |
| 15:00:00 | 15:50:00 | Golf Instruction Beginners | Golf Area |
| 15:00:00 | 15:45:00 | Functional swim workout | North Pool |
| 15:00:00 | 15:50:00 | Beach volleyball, 10-15 years | Beach Volley Court |
| 15:00:00 | 17:00:00 | Badminton Tournament Advanced | North Hall |
| 15:00:00 | 16:30:00 | Padel tournament, beginners/intermediate - Level 1.0-3.0 | Padel Court 4 |
| 15:00:00 | 17:00:00 | Badminton Tournament Beginners | North Hall |
| 15:00:00 | 15:50:00 | Tennis instruction Intermediate | Tennis Court 2 |
| 15:05:00 | 15:50:00 | Gymnastic for parent-child 0-3 years | South Hall |
| 15:10:00 | 16:00:00 | Fascial Training | Volcano |
| 15:15:00 | 15:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 15:15:00 | 15:45:00 | Bus/Taxi transfer to the Airport | North Reception |
| 15:30:00 | 20:00:00 | *Wine & Tapas Tour | North Reception |
| 15:30:00 | 15:55:00 | Swimming: Front Crawl, 10-15 years | South Pool |
| 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 16:00:00 | 18:00:00 | Beach volleyball tournament (no instructor) | Beach Volley Court |
| 16:00:00 | 17:30:00 | 20-25 km road bike tour, 18-20 km/h avg. speed | Bike Centre |
| 16:00:00 | 16:40:00 | SUP Intermediate | Watersports Centre |
| 16:00:00 | 16:50:00 | Circuit Fusion | Functional Zone |
| 16:00:00 | 16:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| 16:00:00 | 17:30:00 | Football Tournament 5-10 years | 5-a-side |
| 16:00:00 | 16:45:00 | Gymnastic for parent-child 3-5 years | South Hall |
| 16:00:00 | 18:00:00 | Tennis Tournament Intermediate | Tennis Court 1 |
| 16:15:00 | 17:45:00 | Family pentathlon | Stadium |
| 16:15:00 | 17:45:00 | Swim Squad, min. 10 years | South Pool |
| 16:15:00 | 16:45:00 | Ultimate Abs | Volcano |
| 16:30:00 | 18:00:00 | Padel tournament, intermediate/advanced - Level 3.0-5.0 | Padel Court 4 |
| 16:30:00 | 17:25:00 | Body Bike Base Camp (beginners) - Silent Fit | Body Bike Area |
| 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| 17:00:00 | 17:50:00 | Introduction to HYROX | Functional Zone |
| 17:00:00 | 17:50:00 | TRX (all levels) | TRX area/ Stadium |
| 17:00:00 | 17:50:00 | Functional Mobility | CrossFit area |
| 17:30:00 | 19:00:00 | Football Tournament 10-15 years | 5-a-side |
| 17:30:00 | 18:30:00 | Saunagus with Banya massage | Wellness Centre entrance |
| 17:45:00 | 18:25:00 | Body Bike HIIT - Silent Fit | Body Bike Area |
| 18:00:00 | 19:00:00 | Time Share Owner's meeting | Members Lounge |
| 18:00:00 | 18:45:00 | Swimming Open Water Skills in the lagoon | Watersports Centre |
| 18:00:00 | 18:50:00 | Step Beginners | Volcano |
| 18:30:00 | 21:00:00 | DJ Lounge | Restaurant El Lago |

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| 19:00:00 | 20:00:00 | *Saunagus "Relax", w/ Jordi, min 18 years | Wellness Centre entrance |
| 20:00:00 | 22:00:00 | Live Piano Music at The Square | Square |

Activity Programme



Wednesday 08/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
|------------|----------|---|------------------------------|
| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:00:00 | 12:00:00 | *Snorkel Safari Beginners (adults and kids +8 years) | Dive Centre |
| 08:00:00 | 14:00:00 | *Scuba Safari Qualified Divers | Dive Centre |
| 08:00:00 | 10:00:00 | Green Team hosted Triathlon with BodyBike | North Pool |
| 08:00:00 | 15:00:00 | *Golf Tour Tías | North Reception |
| 08:00:00 | 08:30:00 | Morning meditation | Dance Studio |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:15:00 | 09:45:00 | Green 3k walk | La Rambla |
| 08:15:00 | 08:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 08:45:00 | 09:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 13:30:00 | *Volcano Walk - Wine Route | North Reception |
| 09:00:00 | 11:45:00 | 40 km road bike tour, 22-24 km/h avg. speed | Bike Centre |
| 09:00:00 | 09:50:00 | Circuit Fusion | Functional Zone |
| 09:00:00 | 09:50:00 | Introduction to CrossFit | CrossFit area |
| 09:00:00 | 09:50:00 | Football School 5-10 years | Stadium |
| 09:00:00 | 10:30:00 | Badminton Tournament Intermediate | North Hall |
| 09:00:00 | 09:50:00 | Padel Beginners– Level 1.0-3.0 | Padel Court 4 |
| 09:00:00 | 09:50:00 | Introduction to Beach Tennis | Beach Volley Court |
| 09:00:00 | 09:55:00 | BODYBALANCE™ | Volcano |
| 09:15:00 | 09:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:15:00 | 09:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 09:45:00 | 10:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 10:00:00 | 11:15:00 | Club La Santa behind the scenes tour | South Conference Centre |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 10:45:00 | Track Session | Stadium |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beg. 10-15 years | Watersports Centre |
| 10:00:00 | 10:50:00 | Functional training | Functional Zone |
| 10:00:00 | 10:50:00 | CrossFit (only for experienced) | CrossFit area |
| 10:00:00 | 10:50:00 | Football School 10-15 years | Stadium |
| 10:00:00 | 12:00:00 | Social Beach Tennis Tournament, min. 20 years | Beach Volley Court |

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| 10:00:00 | 10:50:00 | Tennis Instruction for Seniors | Tennis Court 2 |
| 10:00:00 | 11:30:00 | Padel tournament, beginners/intermediate - Level 1.0-3.0 | Padel Court 4 |
| 10:00:00 | 10:55:00 | Yoga Flow | 5-a-side |
| 10:05:00 | 10:50:00 | LIIT | Volcano |
| 10:10:00 | 10:55:00 | Swimming: Introduction to Front Crawl | South Pool |
| 10:30:00 | 11:20:00 | Young Time: Fitness & Badminton, 10-15 years | North Hall |
| 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |
| 11:00:00 | 11:45:00 | 2 Generation Functional training, min. 10 years | Functional Zone |
| 11:00:00 | 11:50:00 | Tennis Doubles Tactics | Tennis Court 2 |
| 11:00:00 | 11:45:00 | Intro to Aerial Fitness | Dance Studio |
| 11:00:00 | 11:50:00 | Step Intermediate | Volcano |
| 11:10:00 | 11:50:00 | Swimming Breaststroke for adults | South Pool |
| 11:30:00 | 13:00:00 | Windsurf Instruction Beg. 10-15 years | Watersports Centre |
| 11:30:00 | 13:00:00 | Padel tournament, intermediate/advanced - Level 3.0-5.0 | Padel Court 4 |
| 11:30:00 | 13:00:00 | Badminton Tournament 10-15 years | North Hall |
| 12:00:00 | 13:00:00 | Individual rehearsal, min. 5 years – Children and Guest show | Square |
| 12:00:00 | 12:40:00 | Aqua jogging | South Pool |
| 12:15:00 | 12:45:00 | Aerial Relaxation | Dance Studio |
| 12:30:00 | 13:30:00 | NutriBalance: Fuel Like an Athlete: Eat Well, Train Hard, Recover Better w/ Emma Gibbins | North Conference Centre |
| 13:00:00 | 15:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 17:00:00 | *Scuba Beach Dive Beginners (adults and kids +8 years) | Dive Centre |
| 14:00:00 | 15:00:00 | Stand Up Paddle Race | Watersports Centre |
| 14:00:00 | 15:00:00 | Kayak Race | Watersports Centre |
| 14:00:00 | 15:30:00 | Wingfoil, beginners (windsurf experience required) | Watersports Centre |
| 14:00:00 | 14:25:00 | Swimming: Learn Breaststroke, 6-10 years | South Pool |
| 14:00:00 | 14:50:00 | Fitness Boxing | Functional Zone |
| 14:00:00 | 14:50:00 | Watsu® | Wellness Centre entrance |
| 14:00:00 | 14:50:00 | Beauty Workshop "Facials" | Wellness Centre entrance |
| 14:15:00 | 14:55:00 | Introduction to Fitness Centre - Strength machines | Fitness Centre |
| 14:30:00 | 14:55:00 | Swimming: Breaststroke, 10-15 years | South Pool |
| 15:00:00 | 17:45:00 | Mountain Bike Tour Intermediate (Experience required) | Bike Centre |
| 15:00:00 | 16:00:00 | Windsurf Race Beginners | Watersports Centre |
| 15:00:00 | 15:50:00 | Badminton Instruction for Seniors | North Hall |
| 15:00:00 | 15:50:00 | Tennis instruction Beginner 2 | Tennis Court 2 |
| 15:00:00 | 15:45:00 | Padel Beginners 10-15 years | Padel Court 4 |
| 15:00:00 | 15:40:00 | *NutriBalance: InBody Action Plan, min. 18 years | NutriBalance Office (Square) |

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| 15:15:00 | 15:45:00 | Fun Time: Rehearsal for Children & Guest show, 3-14 years | Square |
| 15:15:00 | 15:45:00 | Aqua Party | Leisure Pool |
| 15:15:00 | 15:45:00 | Ultimate Legs & Glutes | Volcano |
| 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 16:00:00 | 17:00:00 | Windsurf Race Advanced | Watersports Centre |
| 16:00:00 | 16:40:00 | Introduction to bouldering, 10-15 years (Collect bouldering shoes from Sports Booking before class) | Bouldering Room |
| 16:00:00 | 16:50:00 | Introduction to HYROX | Functional Zone |
| 16:00:00 | 16:50:00 | TRX (all levels) | TRX area/ Stadium |
| 16:00:00 | 18:00:00 | Beach Volley Tournament | Beach Volley Court |
| 16:00:00 | 18:00:00 | Tennis Tournament Beginners | Tennis Court 1 |
| 16:00:00 | 16:45:00 | Padel Beginners 6-10 years | Padel Court 4 |
| 16:00:00 | 16:50:00 | Fitball | Volcano |
| 16:15:00 | 17:45:00 | Jungle run for families (min. 5 years) | La Rambla |
| 16:15:00 | 16:55:00 | HIIT Swimming, min. 15 years | South Pool |
| 16:30:00 | 17:25:00 | Body Bike Base Camp (beginners) - Silent Fit | Body Bike Area |
| 17:00:00 | 19:00:00 | Social Minigolf for teens (no instructor) | Mini golf Area |
| 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| 17:00:00 | 18:45:00 | HYROX Endurance | Functional Zone |
| 17:00:00 | 17:50:00 | TRX (only for experienced) | TRX area/ Stadium |
| 17:00:00 | 17:50:00 | Padel Advanced– Level 4.0-5.0 | Padel Court 4 |
| 17:05:00 | 17:50:00 | Lifeguard Bootcamp, 10-15 years | Watersports Centre |
| 17:10:00 | 18:00:00 | 7.5km off road hill run (5:15 min/km pace) | La Rambla |
| 17:15:00 | 18:45:00 | Swim Squad, min. 10 years | South Pool |
| 17:15:00 | 17:45:00 | Trampoline Fitness - Silent Fit, min 10 years | The Lawn |
| 17:45:00 | 18:25:00 | Body Bike HIIT - Silent Fit | Body Bike Area |
| 18:00:00 | 20:00:00 | Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0 | Padel Court 1 |
| 18:00:00 | 18:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| 18:00:00 | 18:50:00 | Body toning | Volcano |
| 18:00:00 | 20:00:00 | Social Double Badminton tournament (no instructor) | North Hall |
| 19:00:00 | 19:45:00 | Children & Guest Show | Square |
| 21:30:00 | 23:00:00 | Karaoke for everyone | Discotheque CLS Arena |

Activity Programme



Thursday 09/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
|------------|----------|---|------------------------------|
| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:00:00 | 08:50:00 | Open Water Morning Swim | Watersports Centre |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:15:00 | 09:10:00 | Morningrun Offroad 8km (5min./km or 5:45min/km) | La Rambla |
| 08:15:00 | 09:30:00 | Fitness Reformer (with socks!) | Dance Studio |
| 08:15:00 | 09:15:00 | Body Bike Power - Silent Fit | Body Bike Area |
| 08:45:00 | 10:50:00 | Green Team HYROX race simulation (must be able to run) | Functional Zone |
| 08:45:00 | 09:15:00 | Bus/Taxi transfer to the Airport | North Reception |
| 08:45:00 | 09:15:00 | Bus/Taxi transfer to the Airport | North Reception |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 10:00:00 | Introduction to MTB | Bike Centre |
| 09:00:00 | 09:50:00 | Golf Functional Training | Golf Area |
| 09:00:00 | 09:40:00 | CrossFit, 10-15 years | CrossFit area |
| 09:00:00 | 09:50:00 | Badminton Doubles Tactics, Advanced | North Hall |
| 09:00:00 | 09:45:00 | Tennis Instruction Beginners 10-15 year | Tennis Court 2 |
| 09:00:00 | 09:50:00 | Mobility, all levels | Volcano |
| 09:15:00 | 09:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:15:00 | 09:55:00 | Kayak Instruction Beginners | Watersports Centre |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 09:45:00 | 10:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 10:00:00 | 11:15:00 | Club La Santa behind the scenes tour | South Conference Centre |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 11:30:00 | Mountain Bike Tour Beginners | Bike Centre |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beginners | Watersports Centre |
| 10:00:00 | 10:45:00 | Swimming Intermediate Front Crawl | South Pool |
| 10:00:00 | 10:50:00 | Golf – Putting | Golf Area |
| 10:00:00 | 10:50:00 | CrossFit Weightlifting (only for experienced) | CrossFit area |
| 10:00:00 | 10:45:00 | Badminton Instruction Beginners 10-15 years | North Hall |
| 10:00:00 | 10:50:00 | Padel Beginners– Level 1.0-3.0 | Padel Court 4 |
| 10:00:00 | 10:40:00 | Young Time: Fitness & Tennis, 10-15 years | Tennis Court 1 |
| 10:00:00 | 10:45:00 | Teens Aerial, 10-15 years | Dance Studio |

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| 10:00:00 | 10:55:00 | BODYCOMBAT™ | Volcano |
| 10:15:00 | 10:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 10:15:00 | 10:45:00 | Introduction to Slackline | Watersports Centre |
| 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |
| 11:00:00 | 11:45:00 | SUP Fitness | Watersports Centre |
| 11:00:00 | 12:30:00 | Wingfoil, beginners (windsurf experience required) | Watersports Centre |
| 11:00:00 | 11:45:00 | Swimming Beginners Front Crawl | South Pool |
| 11:00:00 | 12:00:00 | Golf Putting Competition | Golf Area |
| 11:00:00 | 11:50:00 | Functional Team Workout | Functional Zone |
| 11:00:00 | 11:50:00 | Introduction to CrossFit | CrossFit area |
| 11:00:00 | 13:00:00 | Tennis Tournament Advanced | Tennis Court 1 |
| 11:00:00 | 12:00:00 | Table Tennis Tournament, 10-15 years | North Hall |
| 11:00:00 | 11:45:00 | Badminton Instruction Beginners 6-10 years | North Hall |
| 11:00:00 | 11:50:00 | Pilates, all levels | 5-a-side |
| 11:00:00 | 11:50:00 | Banya whisk massage | Wellness Centre entrance |
| 11:00:00 | 11:30:00 | Bus/Taxi transfer to the Airport | North Reception |
| 11:05:00 | 12:00:00 | BODYPUMP™ | Volcano |
| 11:20:00 | 11:50:00 | Playful Penguins, 5-6 years | Children Pool |
| 11:30:00 | 13:00:00 | Windsurf Instruction Beginners | Watersports Centre |
| 12:00:00 | 14:00:00 | Basketball tournament/game (no instructor) | 3x3 Basketball Court |
| 12:00:00 | 12:30:00 | Playful Penguins, 3-4 years | Children Pool |
| 12:00:00 | 13:00:00 | Table Tennis Tournament | North Hall |
| 12:45:00 | 13:15:00 | Bus/Taxi transfer to the Airport | North Reception |
| 13:00:00 | 13:50:00 | Golf - How to hit your woods | TrackMan Studio |
| 13:00:00 | 14:00:00 | Football for seniors | 5-a-side |
| 13:15:00 | 13:55:00 | Breathe better - live better | Dance Studio |
| 13:30:00 | 14:20:00 | Watsu® | Wellness Centre entrance |
| 14:00:00 | 14:55:00 | Windsurf Instruction Advanced | Watersports Centre |
| 14:00:00 | 14:25:00 | Flip´n´Fun, 6-10 years | South Pool |
| 14:00:00 | 14:50:00 | Golf - Speed training | TrackMan Studio |
| 14:00:00 | 15:30:00 | Padel Social Tournament - all levels, min. 20 years | Padel Court 4 |
| 14:00:00 | 14:50:00 | Tennis Advanced | Tennis Court 2 |
| 14:10:00 | 14:55:00 | Senior Training - Full body workout | Dance Studio |
| 14:15:00 | 14:45:00 | Deep Water Aerobics | North Pool |
| 14:15:00 | 15:45:00 | 20 km gravel bike tour (Experience required) | Bike Centre |
| 14:30:00 | 14:55:00 | Flip´n´Fun, 10-15 years | South Pool |
| 14:30:00 | 15:20:00 | Beauty Workshop "Facials" | Wellness Centre entrance |
| 14:30:00 | 15:10:00 | *NutriBalance: InBody Action Plan, min. 18 years | NutriBalance Office (Square) |

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| 14:30:00 | 15:00:00 | Bus/Taxi transfer to the Airport | North Reception |
| 14:45:00 | 15:15:00 | Bus/Taxi transfer to the Airport | North Reception |
| 15:00:00 | 17:45:00 | 50-60 km road bike tour, 24-26 km/h avg. speed | Bike Centre |
| 15:00:00 | 16:30:00 | Wingfoil, intermediate (wing experience required) | Watersports Centre |
| 15:00:00 | 15:50:00 | Golf: Longest Drive - only for golf players | TrackMan Studio |
| 15:00:00 | 15:50:00 | Introduction to Powerlifting | Fitness Centre |
| 15:00:00 | 17:00:00 | Social Football min. 15 years | Stadium |
| 15:00:00 | 15:50:00 | Pickleball: Beat the Green Team | Tennis Court 8 |
| 15:15:00 | 16:00:00 | Fun Time: Family Ball Games, 3-5 years | South Hall |
| 15:15:00 | 16:00:00 | 2 Generation SUP instruction, min. 6 years | Watersports Centre |
| 15:30:00 | 17:00:00 | Two Generations Padel Tournament | Padel Court 4 |
| 15:30:00 | 16:00:00 | HIIT | Volcano |
| 15:30:00 | 16:25:00 | Hatha Yoga - Silent Fit | South Conference Roof |
| 15:45:00 | 16:15:00 | Bus/Taxi transfer to the Airport | North Reception |
| 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 16:00:00 | 16:45:00 | TRX for Seniors | TRX area/ Stadium |
| 16:00:00 | 16:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| 16:00:00 | 16:50:00 | Badminton Instruction Beginners | North Hall |
| 16:00:00 | 16:50:00 | Pickleball Instruction Beginners | Tennis Court 8 |
| 16:00:00 | 16:45:00 | Intro to Aerial Fitness | Dance Studio |
| 16:15:00 | 17:00:00 | Fun Time: Ball Games 6-10 years | South Hall |
| 16:15:00 | 16:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 16:15:00 | 16:55:00 | Aqua jogging | South Pool |
| 16:15:00 | 16:45:00 | Dance, 6-10 years | Laguna |
| 16:15:00 | 16:45:00 | Ultimate Abs | Volcano |
| 17:00:00 | 17:50:00 | Young Time: Ball Games, 10-15 years | South Hall |
| 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| 17:00:00 | 17:50:00 | Introduction to HYROX | Functional Zone |
| 17:00:00 | 17:50:00 | TRX (all levels) | TRX area/ Stadium |
| 17:00:00 | 17:55:00 | Badminton: Beat the Green Team (advanced) | North Hall |
| 17:00:00 | 17:45:00 | Two Generations Tennis Instruction | Tennis Court 2 |
| 17:15:00 | 18:45:00 | Swim Squad, min. 10 years | South Pool |
| 17:15:00 | 17:45:00 | Trampoline Fitness - Silent Fit, min 10 years | The Lawn |
| 17:15:00 | 17:45:00 | Bus/Taxi transfer to the Airport | North Reception |
| 18:00:00 | 18:50:00 | Dance | Volcano |
| 18:15:00 | 19:45:00 | FIFA Tournament, min. 10 years | Play Time |
| 19:00:00 | 21:30:00 | DJ Lounge | Restaurant El Lago |
| 19:00:00 | 20:00:00 | *Saunagus "Detox", w/ Lourdes, min 18 years | Wellness Centre entrance |

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| 20:00:00 | 22:00:00 | Live Music at The Square | Square |
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Activity Programme



Friday 10/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
|------------|----------|---|------------------------------|
| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:15:00 | 09:45:00 | Pilates Reformer, all levels (with socks!) | Dance Studio |
| 08:30:00 | 08:50:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:00:00 | 09:20:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 09:50:00 | Golf Functional Training | Golf Area |
| 09:00:00 | 09:50:00 | Introduction to HYROX | Functional Zone |
| 09:00:00 | 09:50:00 | TRX (all levels) | TRX area/ Stadium |
| 09:00:00 | 09:40:00 | Tennis Fitness | Tennis Court 1 |
| 09:00:00 | 09:50:00 | Padel Beginners– Level 1.0-3.0 | Padel Court 4 |
| 09:00:00 | 09:55:00 | BODYBALANCE™ | Volcano |
| 09:10:00 | 09:55:00 | Swimming Front Crawl Advanced | South Pool |
| 09:15:00 | 09:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 09:15:00 | 10:45:00 | Wingfoil, beginners (windsurf experience required) | Watersports Centre |
| 09:15:00 | 09:45:00 | Toddlers Water Experience, 12-35 months | Wellness Centre entrance |
| 09:30:00 | 09:50:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 09:45:00 | 10:15:00 | Bus transfer to the Airport (Billund) | North Reception |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beginners | Watersports Centre |
| 10:00:00 | 10:50:00 | Golf - How to hit your woods | TrackMan Studio |
| 10:00:00 | 10:50:00 | Circuit Fusion | Functional Zone |
| 10:00:00 | 10:50:00 | Tennis instruction Intermediate | Tennis Court 2 |
| 10:00:00 | 10:20:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 10:00:00 | 10:55:00 | Hatha Yoga | 5-a-side |
| 10:00:00 | 11:30:00 | 20-25 km road bike tour, 18-20 km/h avg. speed | Bike Centre |
| 10:05:00 | 11:00:00 | BODYPUMP™ | Volcano |
| 10:10:00 | 10:50:00 | Swimming Tumble Turns | South Pool |
| 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |

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| | 11:00:00 | 11:40:00 | Aqua jogging | South Pool |
| | 11:00:00 | 11:50:00 | Golf - Speed training | TrackMan Studio |
| | 11:00:00 | 11:50:00 | Tennis instruction Beginner 1 | Tennis Court 2 |
| | 11:00:00 | 11:45:00 | Intro to Aerial Fitness | Dance Studio |
| | 11:05:00 | 11:55:00 | Pilates, all levels | 5-a-side |
| | 11:15:00 | 11:45:00 | Ultimate Abs | Volcano |
| | 11:30:00 | 13:00:00 | Windsurf Instruction Beginners | Watersports Centre |
| | 11:45:00 | 12:15:00 | Bus transfer to the Airport (Copenhagen) | North Reception |
| | 12:30:00 | 13:00:00 | Aerial Relaxation | Dance Studio |
| | 13:00:00 | 13:50:00 | Watsu® | Wellness Centre entrance |
| | 14:00:00 | 14:55:00 | Windsurf Instruction Refresher | Watersports Centre |
| | 14:00:00 | 15:30:00 | Golf - Calibrate your irons | TrackMan Studio |
| | 14:00:00 | 14:30:00 | Bus/Taxi transfer to the Airport | North Reception |
| | 15:00:00 | 15:50:00 | Fun Time: Creative Day, 3-5 years | Play Time |
| | 15:00:00 | 16:30:00 | Windsurf Instruction Beg. 10-15 years | Watersports Centre |
| | 15:00:00 | 15:50:00 | Padel Intermediate 1 - Level 2.0-3.5 | Padel Court 4 |
| | 15:15:00 | 15:45:00 | Deep Water Aerobics | North Pool |
| | 15:15:00 | 16:45:00 | Swim Squad, min. 10 years | South Pool |
| | 15:30:00 | 17:00:00 | Golf - Calibrate your woods | TrackMan Studio |
| | 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| | 16:00:00 | 19:00:00 | Dive Centre open | Dive Centre |
| | 16:00:00 | 16:50:00 | Fun Time: Creative Day, 6-10 years | Play Time |
| | 16:00:00 | 17:30:00 | Hill Reps - Road Bike | Bike Centre |
| | 16:00:00 | 18:00:00 | Family Mini-Tennis Tournament, min. 6 years | North Hall |
| | 16:00:00 | 16:50:00 | Fitball | Volcano |
| | 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| | 17:00:00 | 18:30:00 | Information tour in Danish | Sports Booking |
| | 17:00:00 | 17:50:00 | Functional training | Functional Zone |
| | 17:00:00 | 17:50:00 | Functional Mobility | CrossFit area |
| | 17:30:00 | 18:30:00 | Body Bike Power - Silent Fit | Body Bike Area |
| | 18:00:00 | 18:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| | 18:00:00 | 20:00:00 | Social Indoor Volley Tournament | North Hall |
| | 18:00:00 | 18:50:00 | Body toning | Volcano |
| | 18:30:00 | 20:30:00 | Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0 | Padel Court 1 |
| | 19:00:00 | 20:30:00 | Crazy golf tournament (no instructor) | Mini golf Area |

Activity Programme



Saturday 11/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
|------------|----------|---|------------------------------|
| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:00:00 | 08:30:00 | Morning meditation | Dance Studio |
| 08:15:00 | 08:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:15:00 | 09:15:00 | Body Bike Power - Silent Fit | Body Bike Area |
| 08:45:00 | 09:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 11:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| 09:00:00 | 12:00:00 | *PADI Open Water Dive Course (adults and kids +12 years) | Dive Centre |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 12:45:00 | 65-75 km road bike tour, 24-26 km/h avg. speed | Bike Centre |
| 09:00:00 | 09:50:00 | TRX (all levels) | TRX area/ Stadium |
| 09:00:00 | 09:50:00 | Introduction to CrossFit | CrossFit area |
| 09:00:00 | 09:50:00 | Football School 5-10 years | Stadium |
| 09:00:00 | 09:45:00 | Tennis Instruction Beginners 10-15 year | Tennis Court 2 |
| 09:00:00 | 09:50:00 | Pickleball Instruction Beginners | Tennis Court 8 |
| 09:00:00 | 09:50:00 | Ballroom Fitness™ w/ Swingtime | Volcano |
| 09:15:00 | 09:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:15:00 | 09:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 09:15:00 | 09:45:00 | Toddlers Water Experience, 12-35 months | Wellness Centre entrance |
| 09:15:00 | 10:45:00 | Pilates Reformer, all levels (with socks!) | Dance Studio |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beg. 10-15 years | Watersports Centre |
| 10:00:00 | 10:50:00 | Kettlebell training, all levels | Functional Zone |
| 10:00:00 | 10:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| 10:00:00 | 10:50:00 | Football School 10-15 years | Stadium |
| 10:00:00 | 10:50:00 | Padel Beginners– Level 1.0-3.0 | Padel Court 4 |
| 10:00:00 | 10:45:00 | Tennis Instruction Beginners 6-10 years | Tennis Court 2 |
| 10:00:00 | 10:50:00 | Step Advanced | 5-a-side |
| 10:10:00 | 10:50:00 | Swimming Backstroke for adults | South Pool |
| 10:10:00 | 10:55:00 | BODYATTACK™ | Volcano |
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| | 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |
| | 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |
| | 11:00:00 | 11:45:00 | SUP Fitness | Watersports Centre |
| | 11:00:00 | 11:40:00 | Basic Swim Steps, 6-10 years | South Pool |
| | 11:00:00 | 11:50:00 | Functional training | Functional Zone |
| | 11:00:00 | 11:45:00 | Table Tennis Instruction, beginners, 6-15 years | North Hall |
| | 11:00:00 | 13:00:00 | Tennis Social Tournament, min. 15 years | Tennis Court 1 |
| | 11:00:00 | 11:50:00 | Padel Intermediate 2 - Level 3.0-4.0 | Padel Court 4 |
| | 11:05:00 | 11:55:00 | Fascial Training | Volcano |
| | 11:30:00 | 13:00:00 | Windsurf Instruction Beg. 10-15 years | Watersports Centre |
| | 12:00:00 | 13:00:00 | Table Tennis Tournament, 10-15 years | North Hall |
| | 12:15:00 | 13:00:00 | Intro to Aerial Fitness | Dance Studio |
| | 13:00:00 | 15:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| | 13:00:00 | 13:50:00 | Watsu® | Wellness Centre entrance |
| | 13:15:00 | 13:45:00 | Aerial Relaxation | Dance Studio |
| | 14:00:00 | 15:30:00 | Wingfoil, beginners (windsurf experience required) | Watersports Centre |
| | 14:00:00 | 14:25:00 | Flip´n´Fun, 6-10 years | South Pool |
| | 14:00:00 | 15:30:00 | Padel Social Tournament - all levels, min. 20 years | Padel Court 4 |
| | 14:15:00 | 14:45:00 | Deep Water Aerobics | North Pool |
| | 14:15:00 | 15:00:00 | Fun Time: Treasure Hunt, 3-5 years | Play Time |
| | 14:15:00 | 14:55:00 | Kayak instruction, 10-15 years | Watersports Centre |
| | 14:15:00 | 14:55:00 | Introduction to Fitness Centre - Strength machines | Fitness Centre |
| | 14:15:00 | 15:00:00 | Basic gymnastic, 6-10 years | South Hall |
| | 14:30:00 | 16:30:00 | *Horseback Riding | North Reception |
| | 14:30:00 | 14:55:00 | Flip´n´Fun, 10-15 years | South Pool |
| | 15:00:00 | 16:00:00 | Introduction to road cycling | Bike Centre |
| | 15:00:00 | 15:55:00 | Windsurf Instruction Intermediate | Watersports Centre |
| | 15:00:00 | 15:45:00 | Swimming: Introduction to Front Crawl | South Pool |
| | 15:00:00 | 15:50:00 | Introduction to Olympic Weightlifting | Fitness Centre |
| | 15:00:00 | 15:50:00 | Table Tennis Instruction, beginners, min. 15 years | North Hall |
| | 15:05:00 | 15:50:00 | Basic gymnastic, 10-15 years | South Hall |
| | 15:15:00 | 16:45:00 | Free Talk in Danish: Stærk Aldring - Hemmelighederne bag Sunde Aldring med Sally Walker | North Conference Centre |
| | 15:15:00 | 16:00:00 | Fun Time: Treasure Hunt, 6-8 years | Play Time |
| | 15:15:00 | 16:00:00 | LIIT | Volcano |
| | 15:30:00 | 17:00:00 | Padel Social Tournament - all levels, min. 15 years | Padel Court 4 |
| | 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| | 16:00:00 | 17:30:00 | 20-25 km road bike tour, 18-20 km/h avg. speed | Bike Centre |
| | 16:00:00 | 16:40:00 | SUP Intermediate | Watersports Centre |
| | 16:00:00 | 16:25:00 | Introduction to the TrackMan Studio | TrackMan Studio |

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| 16:00:00 | 16:50:00 | HYROX WOD | Functional Zone |
| 16:00:00 | 16:40:00 | Tennis Fitness | Tennis Court 1 |
| 16:00:00 | 17:00:00 | Table Tennis Tournament | North Hall |
| 16:05:00 | 16:50:00 | Gymnastic for parent-child 0-3 years | South Hall |
| 16:15:00 | 17:00:00 | Fun Time: Treasure Hunt, 8-10 years | Play Time |
| 16:15:00 | 16:45:00 | Trampoline Fitness - Silent Fit, min 10 years | The Lawn |
| 16:15:00 | 16:45:00 | Ultimate Legs & Glutes | Volcano |
| 16:15:00 | 17:10:00 | Hatha Yoga - Silent Fit | South Conference Roof |
| 16:30:00 | 16:55:00 | Introduction to the TrackMan Studio | TrackMan Studio |
| 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| 17:00:00 | 18:00:00 | Golf Putting Competition | Golf Area |
| 17:00:00 | 17:50:00 | Introduction to HYROX | Functional Zone |
| 17:00:00 | 17:45:00 | 2 Generation TRX, min. 10 years | TRX area/ Stadium |
| 17:00:00 | 17:45:00 | Gymnastic for parent-child 3-5 years | South Hall |
| 17:05:00 | 17:50:00 | Lifeguard Bootcamp, 10-15 years | Watersports Centre |
| 17:15:00 | 18:45:00 | Free Talk in English: Age Strong - The Secrets of Healthy Aging w/ Sally Walker | North Conference Centre |
| 17:15:00 | 19:00:00 | Green Team hosted 5 & 10k Race | Stadium |
| 17:15:00 | 18:45:00 | Swim Squad, min. 10 years | South Pool |
| 17:30:00 | 18:20:00 | Pilates Beginners - Silent Fit | South Conference Roof |
| 18:00:00 | 18:50:00 | Step Beginners | Volcano |
| 18:30:00 | 20:30:00 | Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0 | Padel Court 1 |
| 18:50:00 | 19:20:00 | Aerial Relaxation | Laguna |
| 19:30:00 | 20:30:00 | Green Team Bingo | Square |

Activity Programme



Sunday 12/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
|------------|----------|---|------------------------------|
| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:00:00 | 14:00:00 | *Scuba Safari Qualified Divers | Dive Centre |
| 08:00:00 | 08:50:00 | Open Water Morning Swim | Watersports Centre |
| 08:00:00 | 08:40:00 | Breathe better - live better | Dance Studio |
| 08:15:00 | 08:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:15:00 | 09:15:00 | Body Bike Power - Silent Fit | Body Bike Area |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 11:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 13:00:00 | *Teguise Market | North Reception |
| 09:00:00 | 11:45:00 | 40 km road bike tour, 22-24 km/h avg. speed | Bike Centre |
| 09:00:00 | 09:40:00 | Introduction to bouldering, min. 15 years (Collect bouldering shoes from Sports Booking before class) | Bouldering Room |
| 09:00:00 | 10:45:00 | HYROX Endurance | Functional Zone |
| 09:00:00 | 09:40:00 | CrossFit, 10-15 years | CrossFit area |
| 09:00:00 | 09:50:00 | Badminton Instruction Beginners | North Hall |
| 09:00:00 | 11:00:00 | Tennis Tournament Beginners 10-15 years | Tennis Court 1 |
| 09:00:00 | 09:50:00 | Padel Serve – Intermediate – Level 3.0-4.0 | Padel Court 4 |
| 09:00:00 | 09:50:00 | Pickleball Instruction Beginners | Tennis Court 8 |
| 09:00:00 | 09:50:00 | Mobility, all levels | Volcano |
| 09:15:00 | 09:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 09:15:00 | 10:30:00 | Fitness Reformer (with socks!) | Dance Studio |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beginners | Watersports Centre |
| 10:00:00 | 10:45:00 | Swimming Intermediate Front Crawl | South Pool |
| 10:00:00 | 10:50:00 | Introduction to CrossFit | CrossFit area |
| 10:00:00 | 12:00:00 | Badminton Social Tournament, min. 20 years | North Hall |
| 10:00:00 | 11:00:00 | Pickleball Tournament, all levels | Tennis Court 8 |
| 10:00:00 | 10:55:00 | BODYPUMP™ | Volcano |
| 10:15:00 | 11:00:00 | Padel Beginners 6-10 years | Padel Court 4 |
| 10:15:00 | 10:45:00 | Trampoline Fitness - Silent Fit, min 10 years | The Lawn |
| 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |

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| 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |
| 11:00:00 | 12:30:00 | Wingfoil, beginners (windsurf experience required) | Watersports Centre |
| 11:00:00 | 11:45:00 | Swimming Beginners Front Crawl | South Pool |
| 11:00:00 | 11:50:00 | Functional training | Functional Zone |
| 11:00:00 | 11:50:00 | Tennis Advanced | Tennis Court 2 |
| 11:00:00 | 11:50:00 | Pickleball Instruction Intermediate | Tennis Court 8 |
| 11:05:00 | 11:55:00 | Step Intermediate | Volcano |
| 11:15:00 | 11:45:00 | Dance, 6-10 years | The Lawn |
| 11:15:00 | 12:00:00 | Padel Beginners 10-15 years | Padel Court 4 |
| 11:20:00 | 11:50:00 | Playful Penguins, 5-6 years | Children Pool |
| 11:30:00 | 13:00:00 | Windsurf Instruction Beginners | Watersports Centre |
| 12:00:00 | 12:30:00 | Playful Penguins, 3-4 years | Children Pool |
| 12:00:00 | 12:40:00 | 2 Generation Swim | South Pool |
| 12:00:00 | 13:00:00 | Padel Tournament, 10-15 years | Padel Court 4 |
| 12:00:00 | 12:50:00 | Tennis instruction Beginner 2 | Tennis Court 2 |
| 12:00:00 | 12:50:00 | Can't stop the feeling w/Swingtime | Volcano |
| 13:00:00 | 15:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 17:00:00 | *Snorkel Safari Beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 14:30:00 | Padel Social Tournament - all levels, min. 20 years | Padel Court 4 |
| 13:00:00 | 13:50:00 | Watsu® | Wellness Centre entrance |
| 13:15:00 | 13:45:00 | Aerial Relaxation | Dance Studio |
| 14:00:00 | 15:50:00 | Egg Throwing and Bolas Tournament | Beach Volley Court |
| 14:00:00 | 16:00:00 | Tennis Women's Only Doubles | Tennis Court 1 |
| 14:00:00 | 14:55:00 | Windsurf Instruction Refresher | Watersports Centre |
| 14:00:00 | 14:25:00 | Swimming: Learn Front Crawl, 6-10 years | South Pool |
| 14:00:00 | 14:45:00 | Functional swim workout | North Pool |
| 14:00:00 | 15:45:00 | Beach Volleyball Instruction & Social Tournament, min. 15 years | Beach Volley Court |
| 14:00:00 | 16:00:00 | Squash Tournament Beginners | Squash Court 1 |
| 14:00:00 | 16:00:00 | Squash Tournament Advanced | Squash Court 1 |
| 14:00:00 | 15:00:00 | Aerial Fitness | Dance Studio |
| 14:15:00 | 15:00:00 | Toddlers Time 0-3 years | South Hall |
| 14:15:00 | 14:45:00 | Hula Hoop, min. 6 years | Laguna |
| 14:30:00 | 14:55:00 | Swimming: Front Crawl, 10-15 years | South Pool |
| 14:30:00 | 16:00:00 | Padel Social Tournament - all levels, min. 15 years | Padel Court 4 |
| 15:00:00 | 15:45:00 | Toddlers Time 0-3 years | South Hall |
| 15:00:00 | 16:00:00 | Introduction to MTB | Bike Centre |
| 15:00:00 | 15:55:00 | Surf Fun, 3-10 years | Watersports Centre |
| 15:00:00 | 15:45:00 | Swim technique with video | South Pool |
| 15:00:00 | 15:50:00 | Golf Instruction Beginners | Golf Area |

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| 15:00:00 | 15:50:00 | Fitness Boxing | Functional Zone |
| 15:00:00 | 15:50:00 | Introduction to Powerlifting | Fitness Centre |
| 15:15:00 | 15:45:00 | Aqua Party | Leisure Pool |
| 15:15:00 | 16:00:00 | Senior Training - Full body workout | Dance Studio |
| 15:15:00 | 15:45:00 | Ultimate Abs | Volcano |
| 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 16:00:00 | 17:30:00 | Mountain Bike Tour Beginners | Bike Centre |
| 16:00:00 | 17:15:00 | Off-road Run 12km (5.30 min/km) | La Rambla |
| 16:00:00 | 16:45:00 | Young Time: Surf & Beach day, 10-15 years | Watersports Centre |
| 16:00:00 | 16:25:00 | Introduction to the TrackMan Studio | TrackMan Studio |
| 16:00:00 | 16:45:00 | TRX for Seniors | TRX area/ Stadium |
| 16:00:00 | 16:50:00 | Functional Team Workout | Functional Zone |
| 16:00:00 | 16:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| 16:00:00 | 17:30:00 | Spikeball, min. 15 years | Beach Volley Court |
| 16:00:00 | 16:45:00 | Tennis Instruction Intermediate 10-15 years | Tennis Court 2 |
| 16:00:00 | 16:50:00 | Barefoot Fitness | Volcano |
| 16:15:00 | 17:45:00 | Beat the Green Team - Family edition | 5-a-side |
| 16:15:00 | 17:45:00 | Swim Squad, min. 10 years | South Pool |
| 16:30:00 | 16:55:00 | Introduction to the TrackMan Studio | TrackMan Studio |
| 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| 17:00:00 | 17:50:00 | Golf – Chipping | Golf Area |
| 17:00:00 | 17:50:00 | Circuit Fusion | Functional Zone |
| 17:00:00 | 17:50:00 | TRX (all levels) | TRX area/ Stadium |
| 17:00:00 | 17:50:00 | Functional Mobility | CrossFit area |
| 17:00:00 | 17:55:00 | Padel: Beat The Green Team (Advanced) - Level 3.5-5.0 | Padel Court 4 |
| 17:00:00 | 17:50:00 | Introduction to Pickleball, 10-15 years | Tennis Court 8 |
| 17:30:00 | 18:25:00 | Body Bike Base Camp (beginners) - Silent Fit | Body Bike Area |
| 17:30:00 | 19:30:00 | Swingtime Lecture (in Danish) | South Conference Centre |
| 18:00:00 | 18:50:00 | Aerobics, all levels | Volcano |
| 19:00:00 | 20:00:00 | *Saunagus "Relax", w/ Jordi, min 18 years | Wellness Centre entrance |
| 20:30:00 | 22:00:00 | Live Music with Craig Andrews | Square |

Activity Programme



Monday 13/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
|------------|----------|---|------------------------------|
| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:00:00 | 12:00:00 | *Snorkel Safari Beginners (adults and kids +8 years) | Dive Centre |
| 08:00:00 | 14:00:00 | *Scuba Safari Qualified Divers | Dive Centre |
| 08:00:00 | 10:00:00 | Green Team hosted Duathlon with BodyBike | Body Bike Area |
| 08:00:00 | 15:00:00 | *Golf Tour at Costa Teguisse | North Reception |
| 08:00:00 | 08:30:00 | Morning meditation | Dance Studio |
| 08:15:00 | 08:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:15:00 | 12:00:00 | 80-90 km road bike tour, 27-29 km/h avg. speed | Bike Centre |
| 08:45:00 | 09:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 09:50:00 | Introduction to HYROX | Functional Zone |
| 09:00:00 | 09:50:00 | TRX (all levels) | TRX area/ Stadium |
| 09:00:00 | 09:50:00 | Football School 5-10 years | Stadium |
| 09:00:00 | 09:50:00 | Padel Advanced– Level 4.0-5.0 | Padel Court 4 |
| 09:00:00 | 10:30:00 | Pilates Reformer, all levels (with socks!) | Dance Studio |
| 09:00:00 | 09:50:00 | Body toning | Volcano |
| 09:10:00 | 09:55:00 | Swimming Front Crawl Advanced | South Pool |
| 09:15:00 | 09:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:15:00 | 09:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 09:30:00 | 14:00:00 | *Volcano Walk - Fire Route | North Reception |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 10:45:00 | Running Technique | Stadium |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beginners | Watersports Centre |
| 10:00:00 | 10:50:00 | Golf Instruction Beginners | Golf Area |
| 10:00:00 | 10:50:00 | Functional training | Functional Zone |
| 10:00:00 | 10:50:00 | CrossFit (only for experienced) | CrossFit area |
| 10:00:00 | 10:50:00 | TRX (only for experienced) | TRX area/ Stadium |
| 10:00:00 | 10:50:00 | Fitness Handball, min 15 years | South Hall |
| 10:00:00 | 10:50:00 | Football School 10-15 years | Stadium |

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| 10:00:00 | 10:50:00 | Padel Intermediate 2 - Level 3.0-4.0 | Padel Court 4 |
| 10:00:00 | 10:50:00 | Tennis Serve Advanced | Tennis Court 1 |
| 10:00:00 | 11:00:00 | Pickleball Tournament, all levels | Tennis Court 8 |
| 10:00:00 | 10:55:00 | BODYBALANCE™ | Volcano |
| 10:10:00 | 10:50:00 | Swimming Tumble Turns | South Pool |
| 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |
| 11:00:00 | 11:45:00 | Track Session | Stadium |
| 11:00:00 | 12:30:00 | Wingfoil, beginners (windsurf experience required) | Watersports Centre |
| 11:00:00 | 11:25:00 | Flip´n´Fun, 6-10 years | South Pool |
| 11:00:00 | 11:50:00 | Golf – Chipping | Golf Area |
| 11:00:00 | 11:40:00 | Teens Circuit Fitness, 10-15 years | Functional Zone |
| 11:00:00 | 11:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| 11:00:00 | 13:00:00 | Social Football min. 15 years | Stadium |
| 11:00:00 | 11:50:00 | Family Fitness Handball, min. 10 years | South Hall |
| 11:00:00 | 11:55:00 | Table Tennis: Beat the Green Team | North Hall |
| 11:00:00 | 13:00:00 | Squash Tournament Intermediate | Squash Court 1 |
| 11:00:00 | 11:50:00 | Tennis Serve Beginners | Tennis Court 2 |
| 11:00:00 | 13:00:00 | Racketball tournament, all levels | Squash Court 1 |
| 11:00:00 | 11:55:00 | Yoga Flow | 5-a-side |
| 11:00:00 | 11:55:00 | BODYCOMBAT™ | Volcano |
| 11:30:00 | 13:00:00 | Windsurf Instruction Beginners | Watersports Centre |
| 11:30:00 | 11:55:00 | Flip´n´Fun, 10-15 years | South Pool |
| 12:00:00 | 13:00:00 | Golf Chipping and Putting Challenge | Golf Area |
| 12:00:00 | 12:50:00 | Dance Fit w/ Swingtime | Volcano |
| 12:15:00 | 12:55:00 | Aqua jogging | South Pool |
| 13:00:00 | 15:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 17:00:00 | *Scuba Beach Dive Beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 13:45:00 | Watsu® open door | Wellness Centre entrance |
| 13:30:00 | 14:00:00 | Aerial Relaxation | Dance Studio |
| 13:45:00 | 14:30:00 | Watsu® open door | Wellness Centre entrance |
| 14:00:00 | 16:00:00 | Workshop for women: All about Menopause w/Sally Walker | North Conference Centre |
| 14:00:00 | 14:55:00 | Windsurf Instruction Intermediate | Watersports Centre |
| 14:00:00 | 14:50:00 | Introduction to Boxing | Functional Zone |
| 14:00:00 | 14:55:00 | Tennis: Beat the Green Team (advanced) | Tennis Court 1 |
| 14:15:00 | 15:45:00 | Kids vs Parents, min. 6 years | 5-a-side |
| 14:15:00 | 14:55:00 | Introduction to Fitness Centre - Strength machines | Fitness Centre |
| 14:15:00 | 15:00:00 | Teens Aerial, 10-15 years | Dance Studio |
| 15:00:00 | 15:30:00 | Green Team hosted Family Aquathlon | North Pool |

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| 15:00:00 | 15:45:00 | Stand Up Paddle 10-15 years | Watersports Centre |
| 15:00:00 | 15:50:00 | Introduction to Olympic Weightlifting | Fitness Centre |
| 15:00:00 | 15:50:00 | Fitball | Volcano |
| 15:15:00 | 15:45:00 | Aqua Party | Leisure Pool |
| 15:15:00 | 16:45:00 | Senior Reformer (with socks!) | Dance Studio |
| 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 16:00:00 | 17:30:00 | 20 km gravel bike tour (Experience required) | Bike Centre |
| 16:00:00 | 16:30:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 16:00:00 | 16:50:00 | Circuit Fusion | Functional Zone |
| 16:00:00 | 16:50:00 | Introduction to CrossFit | CrossFit area |
| 16:00:00 | 16:45:00 | Two Generations Padel Instruction | Padel Court 4 |
| 16:00:00 | 16:50:00 | Pickleball Instruction Intermediate | Tennis Court 8 |
| 16:00:00 | 16:50:00 | Dance | Volcano |
| 16:15:00 | 17:45:00 | Fun Time: Olympic Day & Diploma ceremony, 3-10 years | Play Time |
| 16:15:00 | 17:45:00 | Swim Squad, min. 10 years | South Pool |
| 16:30:00 | 17:30:00 | Body Bike Power - Silent Fit | Body Bike Area |
| 17:00:00 | 17:50:00 | Green Team hosted Aquathlon | North Pool |
| 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| 17:00:00 | 17:40:00 | Introduction to bouldering, 10-15 years (Collect bouldering shoes from Sports Booking before class) | Bouldering Room |
| 17:00:00 | 17:45:00 | Padel Beginners 10-15 years | Padel Court 4 |
| 17:00:00 | 19:00:00 | Doubles Badminton Tournament (no instructor) | North Hall |
| 17:00:00 | 17:50:00 | Green Team HYROX WOD | Functional Zone |
| 17:30:00 | 18:30:00 | NutriBalance: GUT HEALTH MADE SIMPLE: Understanding, Testing & Improving Your Gut Microbiome w/ Emma Gibbins | North Conference Centre |
| 18:00:00 | 20:00:00 | Tennis Men's Only Doubles | Tennis Court 1 |
| 18:00:00 | 20:00:00 | Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0 | Padel Court 2 |
| 18:00:00 | 18:30:00 | HIIT | Volcano |
| 20:00:00 | 21:00:00 | Green Team Show | Square |
| 21:30:00 | 22:30:00 | Swingtime Disco Dasco | Discotheque CLS Arena |

Activity Programme



Tuesday 14/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
|------------|----------|---|------------------------------|
| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:00:00 | 12:00:00 | *Snorkel Safari Beginners (adults and kids +8 years) | Dive Centre |
| 08:00:00 | 14:00:00 | *Scuba Safari Qualified Divers | Dive Centre |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:45:00 | 09:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 11:30:00 | Green Team hosted Half Marathon, 14k and 7k | Stadium |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 10:00:00 | Introduction to road cycling | Bike Centre |
| 09:00:00 | 09:50:00 | Golf Functional Training | Golf Area |
| 09:00:00 | 09:40:00 | Introduction to bouldering, min. 15 years (Collect bouldering shoes from Sports Booking before class) | Bouldering Room |
| 09:00:00 | 09:45:00 | 2 Generation TRX, min. 10 years | TRX area/ Stadium |
| 09:00:00 | 09:50:00 | HYROX WOD | Functional Zone |
| 09:00:00 | 09:50:00 | Introduction to CrossFit | CrossFit area |
| 09:00:00 | 09:50:00 | Padel Serve – Intermediate – Level 3.0-4.0 | Padel Court 4 |
| 09:00:00 | 09:50:00 | Barefoot Fitness | Volcano |
| 09:10:00 | 09:40:00 | Toddlers Water Experience, 12-35 months | Wellness Centre entrance |
| 09:15:00 | 09:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:15:00 | 09:55:00 | Kayak Instruction Beginners | Watersports Centre |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 11:30:00 | 20-25 km road bike tour, 18-20 km/h avg. speed | Bike Centre |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beginners | Watersports Centre |
| 10:00:00 | 10:30:00 | Baby Swimming in The Wellness Centre, max. 12 months | Wellness Centre entrance |
| 10:00:00 | 10:45:00 | Golf, 7-12 years | Golf Area |
| 10:00:00 | 10:50:00 | Kettlebell training, all levels | Functional Zone |
| 10:00:00 | 10:50:00 | CrossFit Team WOD (only for experienced) | CrossFit area |
| 10:00:00 | 12:00:00 | Tennis Social Tournament, min. 15 years | Tennis Court 1 |
| 10:00:00 | 10:50:00 | Badminton Instruction Intermediate | North Hall |
| 10:00:00 | 10:45:00 | Padel Instruction Intermediate 10-15 years | Padel Court 4 |
| 10:00:00 | 10:50:00 | Pilates, all levels | 5-a-side |
| 10:00:00 | 10:45:00 | BODYATTACK™ | Volcano |

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| 10:15:00 | 10:45:00 | Introduction to Slackline | Watersports Centre |
| 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |
| 11:00:00 | 11:45:00 | SUP Fitness | Watersports Centre |
| 11:00:00 | 11:40:00 | Introduction to Dryland Swimming Session | Functional Zone |
| 11:00:00 | 11:45:00 | Golf, 13-17 years | Golf Area |
| 11:00:00 | 11:45:00 | Badminton Instruction Beginners 6-10 years | North Hall |
| 11:00:00 | 11:50:00 | Padel Beginners– Level 1.0-3.0 | Padel Court 4 |
| 11:00:00 | 11:55:00 | BODYPUMP™ | Volcano |
| 11:00:00 | 11:55:00 | Yoga Flow | 5-a-side |
| 11:15:00 | 11:55:00 | Aqua jogging | South Pool |
| 11:30:00 | 13:00:00 | Windsurf Instruction Beginners | Watersports Centre |
| 12:00:00 | 12:45:00 | Badminton Instruction Beginners 10-15 years | North Hall |
| 12:00:00 | 12:40:00 | Tennis Fitness | Tennis Court 1 |
| 12:00:00 | 12:50:00 | Padel Advanced– Level 4.0-5.0 | Padel Court 4 |
| 12:00:00 | 12:50:00 | Jerusalem Dance w/ Swingtime | Volcano |
| 12:15:00 | 12:55:00 | Breathe better - live better | Dance Studio |
| 13:00:00 | 15:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 17:00:00 | *Scuba Beach Dive Beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 13:50:00 | Golf - Wedging | TrackMan Studio |
| 13:00:00 | 13:50:00 | Watsu® | Wellness Centre entrance |
| 13:15:00 | 14:00:00 | Basic gymnastic, 6-10 years | South Hall |
| 13:15:00 | 13:45:00 | Aerial Relaxation | Dance Studio |
| 14:00:00 | 16:00:00 | *Workshop: Men - all about man'o'pause w/ Sally Walker | North Conference Centre |
| 14:00:00 | 14:30:00 | Deep Water Aerobics | North Pool |
| 14:00:00 | 14:55:00 | Windsurf Instruction Intermediate | Watersports Centre |
| 14:00:00 | 14:45:00 | Swim technique with video | South Pool |
| 14:00:00 | 14:50:00 | Golf - "Closest to the pin" | TrackMan Studio |
| 14:00:00 | 14:50:00 | Tennis instruction Beginner 1 | Tennis Court 2 |
| 14:00:00 | 14:45:00 | Intro to Aerial Fitness | Dance Studio |
| 14:05:00 | 14:50:00 | Basic gymnastic, 10-15 years | South Hall |
| 15:00:00 | 17:45:00 | 50-60 km road bike tour, 24-26 km/h avg. speed | Bike Centre |
| 15:00:00 | 15:25:00 | Swimming: Learn Front Crawl, 6-10 years | South Pool |
| 15:00:00 | 15:50:00 | Golf Instruction Beginners | Golf Area |
| 15:00:00 | 15:45:00 | Functional swim workout | North Pool |
| 15:00:00 | 15:50:00 | Beach volleyball, 10-15 years | Beach Volley Court |
| 15:00:00 | 17:00:00 | Badminton Tournament Advanced | North Hall |
| 15:00:00 | 17:00:00 | Badminton Tournament Beginners | North Hall |
| 15:00:00 | 15:50:00 | Tennis instruction Intermediate | Tennis Court 2 |

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| 15:00:00 | 16:30:00 | Padel tournament, beginners/intermediate - Level 1.0-3.0 | Padel Court 4 |
| 15:00:00 | 15:50:00 | Fascial Training | Volcano |
| 15:05:00 | 15:50:00 | Gymnastic for parent-child 0-3 years | South Hall |
| 15:15:00 | 15:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 15:15:00 | 16:45:00 | Pilates Reformer, all levels (with socks!) | Dance Studio |
| 15:30:00 | 20:00:00 | *Wine & Tapas Tour | North Reception |
| 15:30:00 | 15:55:00 | Swimming: Front Crawl, 10-15 years | South Pool |
| 15:30:00 | 16:10:00 | *NutriBalance: InBody Action Plan, min. 18 years | NutriBalance Office (Square) |
| 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 16:00:00 | 18:00:00 | Beach volleyball tournament (no instructor) | Beach Volley Court |
| 16:00:00 | 17:30:00 | Wingfoil, intermediate (wing experience required) | Watersports Centre |
| 16:00:00 | 16:40:00 | SUP Intermediate | Watersports Centre |
| 16:00:00 | 16:50:00 | Circuit Fusion | Functional Zone |
| 16:00:00 | 16:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| 16:00:00 | 17:30:00 | Football Tournament 5-10 years | 5-a-side |
| 16:00:00 | 16:45:00 | Gymnastic for parent-child 3-5 years | South Hall |
| 16:00:00 | 18:00:00 | Tennis Tournament Intermediate | Tennis Court 1 |
| 16:15:00 | 17:45:00 | Family pentathlon | Stadium |
| 16:15:00 | 17:45:00 | Swim Squad, min. 10 years | South Pool |
| 16:15:00 | 16:45:00 | Ultimate Abs | Volcano |
| 16:30:00 | 18:00:00 | Padel tournament, intermediate/advanced - Level 3.0-5.0 | Padel Court 4 |
| 16:30:00 | 17:25:00 | Body Bike Base Camp (beginners) - Silent Fit | Body Bike Area |
| 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| 17:00:00 | 17:50:00 | Introduction to HYROX | Functional Zone |
| 17:00:00 | 17:50:00 | Functional Mobility | CrossFit area |
| 17:00:00 | 17:50:00 | TRX (all levels) | TRX area/ Stadium |
| 17:30:00 | 19:00:00 | Football Tournament 10-15 years | 5-a-side |
| 17:45:00 | 18:25:00 | Body Bike HIIT - Silent Fit | Body Bike Area |
| 18:00:00 | 19:00:00 | Time Share Owner's meeting | Members Lounge |
| 18:00:00 | 18:45:00 | Swimming Open Water Skills in the lagoon | Watersports Centre |
| 18:00:00 | 18:50:00 | Step Intermediate | Volcano |
| 18:30:00 | 21:00:00 | DJ Lounge | Restaurant El Lago |
| 19:00:00 | 20:00:00 | *Saunagus "Relax", w/ Jordi, min 18 years | Wellness Centre entrance |
| 20:00:00 | 22:00:00 | Live Piano Music at The Square | Square |

Activity Programme



Wednesday 15/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
|------------|----------|---|------------------------------|
| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:00:00 | 12:00:00 | *Snorkel Safari Beginners (adults and kids +8 years) | Dive Centre |
| 08:00:00 | 14:00:00 | *Scuba Safari Qualified Divers | Dive Centre |
| 08:00:00 | 10:00:00 | Green Team hosted Triathlon with BodyBike | North Pool |
| 08:00:00 | 15:00:00 | *Golf Tour Tías | North Reception |
| 08:00:00 | 08:30:00 | Morning meditation | Dance Studio |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:45:00 | 09:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 13:30:00 | *Volcano Walk - Wine Route | North Reception |
| 09:00:00 | 11:45:00 | 40 km road bike tour, 22-24 km/h avg. speed | Bike Centre |
| 09:00:00 | 09:50:00 | Circuit Fusion | Functional Zone |
| 09:00:00 | 09:50:00 | Introduction to CrossFit | CrossFit area |
| 09:00:00 | 09:50:00 | Football School 5-10 years | Stadium |
| 09:00:00 | 09:50:00 | Introduction to Beach Tennis | Beach Volley Court |
| 09:00:00 | 10:30:00 | Badminton Tournament Intermediate | North Hall |
| 09:00:00 | 09:45:00 | LIIT | Volcano |
| 09:15:00 | 09:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:15:00 | 09:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 09:30:00 | 11:15:00 | Balance and joints mobilization in warm water | Wellness Centre entrance |
| 09:45:00 | 10:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 10:00:00 | 11:15:00 | Club La Santa behind the scenes tour | South Conference Centre |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 10:45:00 | Track Session | Stadium |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beg. 10-15 years | Watersports Centre |
| 10:00:00 | 10:50:00 | Functional training | Functional Zone |
| 10:00:00 | 10:50:00 | CrossFit (only for experienced) | CrossFit area |
| 10:00:00 | 10:50:00 | Football School 10-15 years | Stadium |
| 10:00:00 | 12:00:00 | Social Beach Tennis Tournament, min. 20 years | Beach Volley Court |
| 10:00:00 | 10:50:00 | Tennis Instruction for Seniors | Tennis Court 2 |

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| 10:00:00 | 11:00:00 | Aerial Fitness | Dance Studio |
| 10:00:00 | 10:50:00 | Dance | Volcano |
| 10:10:00 | 10:55:00 | Swimming: Introduction to Front Crawl | South Pool |
| 10:15:00 | 10:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 10:30:00 | 11:20:00 | Young Time: Fitness & Badminton, 10-15 years | North Hall |
| 10:30:00 | 11:25:00 | Body Bike Base Camp (beginners) - Silent Fit | Body Bike Area |
| 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |
| 11:00:00 | 11:45:00 | 2 Generation Functional training, min. 10 years | Functional Zone |
| 11:00:00 | 11:50:00 | Tennis Doubles Tactics | Tennis Court 2 |
| 11:00:00 | 11:50:00 | Banya whisk massage | Wellness Centre entrance |
| 11:05:00 | 12:00:00 | BODYBALANCE™ | 5-a-side |
| 11:10:00 | 11:50:00 | Swimming Breaststroke for adults | South Pool |
| 11:15:00 | 12:00:00 | Teens Aerial, 10-15 years | Dance Studio |
| 11:30:00 | 13:00:00 | Windsurf Instruction Beg. 10-15 years | Watersports Centre |
| 11:30:00 | 13:00:00 | Badminton Tournament 10-15 years | North Hall |
| 11:45:00 | 12:25:00 | Body Bike HIIT - Silent Fit | Body Bike Area |
| 12:00:00 | 13:00:00 | Individual rehearsal, min. 5 years – Children and Guest show | Square |
| 12:00:00 | 12:40:00 | Aqua jogging | South Pool |
| 12:00:00 | 12:50:00 | Padel Beginners– Level 1.0-3.0 | Padel Court 1 |
| 12:00:00 | 12:50:00 | 100% Dirty Dancing w/Swingtime | Volcano |
| 12:45:00 | 13:45:00 | NutriBalance: Fuel Like an Athlete: Eat Well, Train Hard, Recover Better w/ Emma Gibbins | North Conference Centre |
| 13:00:00 | 15:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 17:00:00 | *Scuba Beach Dive Beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 13:50:00 | Watsu® | Wellness Centre entrance |
| 13:15:00 | 15:15:00 | Walk the talk (social walk) | South Conference Centre |
| 13:15:00 | 13:45:00 | Aerial Relaxation | Dance Studio |
| 14:00:00 | 15:00:00 | Kayak Race | Watersports Centre |
| 14:00:00 | 15:00:00 | Stand Up Paddle Race | Watersports Centre |
| 14:00:00 | 14:25:00 | Swimming: Learn Breaststroke, 6-10 years | South Pool |
| 14:00:00 | 14:50:00 | Fitness Boxing | Functional Zone |
| 14:15:00 | 14:55:00 | Introduction to Fitness Centre - Strength machines | Fitness Centre |
| 14:30:00 | 14:55:00 | Swimming: Breaststroke, 10-15 years | South Pool |
| 15:00:00 | 17:45:00 | Mountain Bike Tour Intermediate (Experience required) | Bike Centre |
| 15:00:00 | 16:30:00 | Wingfoil, beginners (windsurf experience required) | Watersports Centre |
| 15:00:00 | 16:00:00 | Windsurf Race Beginners | Watersports Centre |
| 15:00:00 | 15:50:00 | Badminton Instruction for Seniors | North Hall |
| 15:00:00 | 15:45:00 | Padel Beginners 10-15 years | Padel Court 1 |

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| 15:00:00 | 15:50:00 | Tennis instruction Beginner 2 | Tennis Court 2 |
| 15:15:00 | 15:45:00 | Fun Time: Rehearsal for Children & Guest show, 3-14 years | Square |
| 15:15:00 | 15:45:00 | Aqua Party | Leisure Pool |
| 15:15:00 | 15:45:00 | Ultimate Legs & Glutes | Volcano |
| 15:15:00 | 15:55:00 | *NutriBalance: InBody Action Plan, min. 18 years | NutriBalance Office (Square) |
| 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 16:00:00 | 17:00:00 | Windsurf Race Advanced | Watersports Centre |
| 16:00:00 | 16:40:00 | Introduction to bouldering, 10-15 years (Collect bouldering shoes from Sports Booking before class) | Bouldering Room |
| 16:00:00 | 16:50:00 | Introduction to HYROX | Functional Zone |
| 16:00:00 | 16:50:00 | TRX (all levels) | TRX area/ Stadium |
| 16:00:00 | 18:00:00 | Beach Volley Tournament | Beach Volley Court |
| 16:00:00 | 18:00:00 | Tennis Tournament Beginners | Tennis Court 1 |
| 16:00:00 | 16:45:00 | Padel Beginners 6-10 years | Padel Court 1 |
| 16:00:00 | 16:50:00 | Fitball | Volcano |
| 16:00:00 | 16:55:00 | Hatha Yoga | 5-a-side |
| 16:15:00 | 17:45:00 | Jungle run for families (min. 5 years) | La Rambla |
| 16:15:00 | 16:55:00 | HIIT Swimming, min. 15 years | South Pool |
| 17:00:00 | 19:00:00 | Social Minigolf for teens (no instructor) | Mini golf Area |
| 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| 17:00:00 | 18:45:00 | HYROX Endurance | Functional Zone |
| 17:00:00 | 17:50:00 | TRX (only for experienced) | TRX area/ Stadium |
| 17:00:00 | 17:50:00 | Padel Advanced– Level 4.0-5.0 | Padel Court 1 |
| 17:05:00 | 17:50:00 | Lifeguard Bootcamp, 10-15 years | Watersports Centre |
| 17:10:00 | 18:00:00 | 7.5km off road hill run (5:15 min/km pace) | La Rambla |
| 17:15:00 | 18:45:00 | Swim Squad, min. 10 years | South Pool |
| 17:15:00 | 17:45:00 | Trampoline Fitness - Silent Fit, min 10 years | The Lawn |
| 18:00:00 | 20:00:00 | Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0 | Padel Court 1 |
| 18:00:00 | 18:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| 18:00:00 | 18:50:00 | Body toning | Volcano |
| 18:00:00 | 20:00:00 | Social Double Badminton tournament (no instructor) | North Hall |
| 19:00:00 | 19:45:00 | Children & Guest Show | Square |
| 21:30:00 | 23:00:00 | Karaoke for everyone | Discotheque CLS Arena |

Activity Programme



Thursday 16/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
|------------|----------|---|------------------------------|
| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:00:00 | 08:50:00 | Open Water Morning Swim | Watersports Centre |
| 08:15:00 | 08:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:15:00 | 09:10:00 | Morningrun Offroad 8km (5min./km or 5:45min/km) | La Rambla |
| 08:15:00 | 09:15:00 | Body Bike Power - Silent Fit | Body Bike Area |
| 08:15:00 | 09:30:00 | Fitness Reformer (with socks!) | Dance Studio |
| 08:45:00 | 09:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 08:45:00 | 10:50:00 | Green Team HYROX race simulation (must be able to run) | Functional Zone |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 10:00:00 | Introduction to MTB | Bike Centre |
| 09:00:00 | 09:50:00 | Golf - How to hit your woods | TrackMan Studio |
| 09:00:00 | 09:40:00 | CrossFit, 10-15 years | CrossFit area |
| 09:00:00 | 09:50:00 | Badminton Doubles Tactics, Advanced | North Hall |
| 09:00:00 | 09:45:00 | Tennis Instruction Beginners 10-15 year | Tennis Court 2 |
| 09:00:00 | 09:50:00 | Padel Beginners– Level 1.0-3.0 | Padel Court 3 |
| 09:00:00 | 09:50:00 | Mobility, all levels | Volcano |
| 09:15:00 | 09:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:15:00 | 09:55:00 | Kayak Instruction Beginners | Watersports Centre |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 09:30:00 | 10:30:00 | *Saunagus "Detox", w/ Carolina, min 18 years | Wellness Centre entrance |
| 09:45:00 | 10:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 10:00:00 | 11:15:00 | Club La Santa behind the scenes tour | South Conference Centre |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 11:30:00 | Mountain Bike Tour Beginners | Bike Centre |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beginners | Watersports Centre |
| 10:00:00 | 10:45:00 | Swimming Intermediate Front Crawl | South Pool |
| 10:00:00 | 10:50:00 | Golf - Speed training | TrackMan Studio |
| 10:00:00 | 10:50:00 | CrossFit Weightlifting (only for experienced) | CrossFit area |
| 10:00:00 | 10:45:00 | Badminton Instruction Beginners 6-10 years | North Hall |

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| 10:00:00 | 10:50:00 | Padel Intermediate 2 - Level 3.0-4.0 | Padel Court 3 |
| 10:00:00 | 10:50:00 | Pilates, all levels | 5-a-side |
| 10:00:00 | 10:45:00 | BODYATTACK™ | Volcano |
| 10:15:00 | 10:45:00 | Introduction to Slackline | Watersports Centre |
| 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |
| 11:00:00 | 12:30:00 | Wingfoil, beginners (windsurf experience required) | Watersports Centre |
| 11:00:00 | 11:45:00 | SUP Fitness | Watersports Centre |
| 11:00:00 | 11:50:00 | Golf: Longest Drive - only for golf players | TrackMan Studio |
| 11:00:00 | 11:50:00 | Functional Team Workout | Functional Zone |
| 11:00:00 | 11:50:00 | Introduction to CrossFit | CrossFit area |
| 11:00:00 | 12:00:00 | Table Tennis Tournament, 10-15 years | North Hall |
| 11:00:00 | 11:45:00 | Two Generations Tennis Instruction | Tennis Court 2 |
| 11:00:00 | 11:50:00 | Banya whisk massage | Wellness Centre entrance |
| 11:00:00 | 11:55:00 | Hatha Yoga | 5-a-side |
| 11:05:00 | 12:00:00 | BODYPUMP™ | Volcano |
| 11:20:00 | 11:50:00 | Playful Penguins, 5-6 years | Children Pool |
| 11:30:00 | 13:00:00 | Windsurf Instruction Beginners | Watersports Centre |
| 12:00:00 | 14:00:00 | Basketball tournament/game (no instructor) | 3x3 Basketball Court |
| 12:00:00 | 12:30:00 | Playful Penguins, 3-4 years | Children Pool |
| 12:00:00 | 14:00:00 | Tennis Tournament Advanced | Tennis Court 1 |
| 12:00:00 | 13:00:00 | Table Tennis Tournament | North Hall |
| 12:00:00 | 12:50:00 | 100% Grease w/ Swingtime | Volcano |
| 12:15:00 | 13:00:00 | Intro to Aerial Fitness | Dance Studio |
| 13:00:00 | 13:50:00 | Golf Functional Training | Golf Area |
| 13:15:00 | 13:55:00 | Breathe better - live better | Dance Studio |
| 13:30:00 | 14:20:00 | Watsu® | Wellness Centre entrance |
| 13:30:00 | 14:20:00 | Watsu® | Wellness Centre entrance |
| 14:00:00 | 14:30:00 | Deep Water Aerobics | North Pool |
| 14:00:00 | 14:55:00 | Windsurf Instruction Advanced | Watersports Centre |
| 14:00:00 | 14:25:00 | Flip´n´Fun, 6-10 years | South Pool |
| 14:00:00 | 14:50:00 | Golf – Putting | Golf Area |
| 14:00:00 | 14:45:00 | Teens Boxing 10-15 years | Functional Zone |
| 14:00:00 | 15:30:00 | Padel Social Tournament - all levels, min. 20 years | Padel Court 3 |
| 14:00:00 | 14:50:00 | Tennis Advanced | Tennis Court 2 |
| 14:05:00 | 14:50:00 | Senior Training - Full body workout | Dance Studio |
| 14:30:00 | 14:55:00 | Flip´n´Fun, 10-15 years | South Pool |
| 14:30:00 | 15:20:00 | Beauty Workshop "Facials" | Wellness Centre entrance |
| 15:00:00 | 15:50:00 | Fun Time: Street day, 3-5 years | 3x3 Basketball Court |

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| 15:00:00 | 17:45:00 | 50-60 km road bike tour, 24-26 km/h avg. speed | Bike Centre |
| 15:00:00 | 16:30:00 | Wingfoil, intermediate (wing experience required) | Watersports Centre |
| 15:00:00 | 15:45:00 | Swimming Beginners Front Crawl | South Pool |
| 15:00:00 | 16:00:00 | Golf Putting Competition | Golf Area |
| 15:00:00 | 15:50:00 | Introduction to Powerlifting | Fitness Centre |
| 15:00:00 | 17:00:00 | Social Football min. 15 years | Stadium |
| 15:00:00 | 15:50:00 | Pickleball: Beat the Green Team | Tennis Court 8 |
| 15:15:00 | 16:00:00 | 2 Generation SUP instruction, min. 6 years | Watersports Centre |
| 15:30:00 | 17:00:00 | Two Generations Padel Tournament | Padel Court 3 |
| 15:30:00 | 16:00:00 | HIIT | Volcano |
| 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 16:00:00 | 16:50:00 | Fun Time: Street day, 6-10 years | 3x3 Basketball Court |
| 16:00:00 | 16:45:00 | TRX for Seniors | TRX area/ Stadium |
| 16:00:00 | 16:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| 16:00:00 | 16:40:00 | Young Time: Fitness & Tennis, 10-15 years | Tennis Court 1 |
| 16:00:00 | 16:50:00 | Badminton Instruction Beginners | North Hall |
| 16:15:00 | 16:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 16:15:00 | 16:55:00 | Aqua jogging | South Pool |
| 16:15:00 | 16:45:00 | Ultimate Abs | Volcano |
| 17:00:00 | 17:50:00 | Young Time: Street day, 10-15 years | 3x3 Basketball Court |
| 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| 17:00:00 | 17:50:00 | Introduction to HYROX | Functional Zone |
| 17:00:00 | 17:50:00 | TRX (all levels) | TRX area/ Stadium |
| 17:00:00 | 17:55:00 | Badminton: Beat the Green Team (advanced) | North Hall |
| 17:00:00 | 17:50:00 | Pickleball Instruction Beginners | Tennis Court 8 |
| 17:15:00 | 18:45:00 | Swim Squad, min. 10 years | South Pool |
| 17:15:00 | 17:45:00 | Trampoline Fitness - Silent Fit, min 10 years | The Lawn |
| 18:00:00 | 18:50:00 | Step Beginners | Volcano |
| 18:15:00 | 19:45:00 | FIFA Tournament, min. 10 years | Play Time |
| 19:00:00 | 21:30:00 | DJ Lounge | Restaurant El Lago |
| 19:00:00 | 20:00:00 | *Saunagus "Detox", w/ Lourdes, min 18 years | Wellness Centre entrance |
| 20:00:00 | 22:00:00 | Live Music at The Square | Square |

Activity Programme



Friday 17/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
|------------|----------|---|------------------------------|
| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:15:00 | 09:45:00 | Pilates Reformer, all levels (with socks!) | Dance Studio |
| 08:30:00 | 08:50:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:00:00 | 09:20:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 09:55:00 | BODYBALANCE™ | Volcano |
| 09:00:00 | 09:50:00 | Golf Functional Training | Golf Area |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 09:50:00 | Introduction to HYROX | Functional Zone |
| 09:00:00 | 09:50:00 | TRX (all levels) | TRX area/ Stadium |
| 09:00:00 | 09:50:00 | Padel Beginners– Level 1.0-3.0 | Padel Court 4 |
| 09:00:00 | 09:40:00 | Tennis Fitness | Tennis Court 1 |
| 09:00:00 | 10:00:00 | Introduction to road cycling | Bike Centre |
| 09:15:00 | 09:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 09:15:00 | 10:45:00 | Wingfoil, beginners (windsurf experience required) | Watersports Centre |
| 09:15:00 | 09:45:00 | Toddlers Water Experience, 12-35 months | Wellness Centre entrance |
| 09:30:00 | 09:50:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 09:45:00 | 10:15:00 | Bus transfer to the Airport (Billund) | North Reception |
| 10:00:00 | 10:20:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 10:00:00 | 10:50:00 | Golf - How to hit your woods | TrackMan Studio |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beginners | Watersports Centre |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 10:50:00 | Circuit Fusion | Functional Zone |
| 10:00:00 | 10:50:00 | Tennis instruction Intermediate | Tennis Court 2 |
| 10:00:00 | 11:30:00 | 20-25 km road bike tour, 18-20 km/h avg. speed | Bike Centre |
| 10:05:00 | 11:00:00 | BODYPUMP™ | Volcano |
| 10:10:00 | 10:55:00 | Swimming Front Crawl Advanced | South Pool |
| 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 11:00:00 | 11:50:00 | Golf - Speed training | TrackMan Studio |
| 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |

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| | 11:00:00 | 11:50:00 | Tennis instruction Beginner 1 | Tennis Court 2 |
| | 11:10:00 | 11:50:00 | Swimming Tumble Turns | South Pool |
| | 11:15:00 | 11:45:00 | Ultimate Abs | Volcano |
| | 11:15:00 | 12:00:00 | Intro to Aerial Fitness | Dance Studio |
| | 11:30:00 | 13:00:00 | Windsurf Instruction Beginners | Watersports Centre |
| | 11:45:00 | 12:15:00 | Bus transfer to the Airport (Copenhagen) | North Reception |
| | 12:30:00 | 13:00:00 | Aerial Relaxation | Dance Studio |
| | 13:00:00 | 13:50:00 | Watsu® | Wellness Centre entrance |
| | 14:00:00 | 15:30:00 | Golf - Calibrate your irons | TrackMan Studio |
| | 14:00:00 | 14:55:00 | Windsurf Instruction Refresher | Watersports Centre |
| | 15:00:00 | 16:30:00 | Windsurf Instruction Beginners | Watersports Centre |
| | 15:00:00 | 15:50:00 | Padel Intermediate 1 - Level 2.0-3.5 | Padel Court 4 |
| | 15:15:00 | 15:45:00 | Deep Water Aerobics | North Pool |
| | 15:15:00 | 15:45:00 | Fun Time: Bouncing Day, 3-10 years | The Lawn |
| | 15:30:00 | 17:00:00 | Golf - Calibrate your woods | TrackMan Studio |
| | 15:45:00 | 16:15:00 | Fun Time: Bouncing Day, 3-10 years | The Lawn |
| | 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| | 16:00:00 | 19:00:00 | Dive Centre open | Dive Centre |
| | 16:00:00 | 17:30:00 | Hill Reps - Road Bike | Bike Centre |
| | 16:00:00 | 16:50:00 | Fitball | Volcano |
| | 16:00:00 | 18:00:00 | Family Mini-Tennis Tournament, min. 6 years | North Hall |
| | 16:15:00 | 16:45:00 | Fun Time: Bouncing Day, 3-10 years | The Lawn |
| | 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| | 17:00:00 | 18:30:00 | Information tour in Danish | Sports Booking |
| | 17:00:00 | 17:50:00 | Functional Mobility | CrossFit area |
| | 17:00:00 | 17:50:00 | Functional training | Functional Zone |
| | 17:15:00 | 18:45:00 | Swim Squad, min. 10 years | South Pool |
| | 17:30:00 | 18:30:00 | Body Bike Power - Silent Fit | Body Bike Area |
| | 18:00:00 | 18:50:00 | Body toning | Volcano |
| | 18:00:00 | 18:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| | 18:30:00 | 20:30:00 | Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0 | Padel Court 1 |

Activity Programme



Saturday 18/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
|------------|----------|---|------------------------------|
| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:00:00 | 08:30:00 | Morning meditation | Dance Studio |
| 08:15:00 | 08:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:15:00 | 09:15:00 | Body Bike Power - Silent Fit | Body Bike Area |
| 08:45:00 | 09:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 11:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| 09:00:00 | 12:00:00 | *PADI Open Water Dive Course (adults and kids +12 years) | Dive Centre |
| 09:00:00 | 12:45:00 | 65-75 km road bike tour, 24-26 km/h avg. speed | Bike Centre |
| 09:00:00 | 09:50:00 | Fascial Training | Volcano |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 09:50:00 | Football School 5-10 years | Stadium |
| 09:00:00 | 09:50:00 | TRX (all levels) | TRX area/ Stadium |
| 09:00:00 | 09:50:00 | Introduction to CrossFit | CrossFit area |
| 09:00:00 | 09:45:00 | Tennis Instruction Beginners 10-15 year | Tennis Court 2 |
| 09:00:00 | 09:50:00 | Pickleball Instruction Beginners | Tennis Court 8 |
| 09:15:00 | 09:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:15:00 | 10:45:00 | Pilates Reformer, all levels (with socks!) | Dance Studio |
| 09:15:00 | 09:55:00 | Kayak Instruction Beginners | Watersports Centre |
| 09:15:00 | 09:45:00 | Toddlers Water Experience, 12-35 months | Wellness Centre entrance |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 10:00:00 | 10:45:00 | BODYATTACK™ | Volcano |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beg. 10-15 years | Watersports Centre |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 10:50:00 | Football School 10-15 years | Stadium |
| 10:00:00 | 10:50:00 | Kettlebell training, all levels | Functional Zone |
| 10:00:00 | 10:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| 10:00:00 | 10:45:00 | Tennis Instruction Beginners 6-10 years | Tennis Court 2 |
| 10:00:00 | 10:50:00 | Padel Beginners– Level 1.0-3.0 | Padel Court 4 |
| 10:10:00 | 10:50:00 | Swimming Backstroke for adults | South Pool |
| 10:15:00 | 12:15:00 | Walk the talk (social walk) | South Conference Centre |

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|--|----------|----------|--|--------------------------|
| | 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |
| | 11:00:00 | 11:50:00 | Fitball | Volcano |
| | 11:00:00 | 11:45:00 | SUP Fitness | Watersports Centre |
| | 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |
| | 11:00:00 | 11:40:00 | Basic Swim Steps, 6-10 years | South Pool |
| | 11:00:00 | 11:50:00 | Functional training | Functional Zone |
| | 11:00:00 | 13:00:00 | Tennis Social Tournament, min. 15 years | Tennis Court 1 |
| | 11:00:00 | 11:50:00 | Padel Intermediate 2 - Level 3.0-4.0 | Padel Court 4 |
| | 11:00:00 | 11:45:00 | Table Tennis Instruction, beginners, 6-15 years | North Hall |
| | 11:15:00 | 12:00:00 | Intro to Aerial Fitness | Dance Studio |
| | 11:30:00 | 13:00:00 | Windsurf Instruction Beg. 10-15 years | Watersports Centre |
| | 12:00:00 | 13:00:00 | Table Tennis Tournament, 10-15 years | North Hall |
| | 12:15:00 | 12:45:00 | Aerial Relaxation | Dance Studio |
| | 13:00:00 | 15:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| | 13:00:00 | 13:50:00 | Watsu® | Wellness Centre entrance |
| | 14:00:00 | 15:30:00 | Wingfoil, beginners (windsurf experience required) | Watersports Centre |
| | 14:00:00 | 14:45:00 | Fun Time: Treasure Hunt, 3-5 years | Play Time |
| | 14:00:00 | 14:40:00 | Aqua jogging | South Pool |
| | 14:00:00 | 15:30:00 | Padel Social Tournament - all levels, min. 20 years | Padel Court 4 |
| | 14:15:00 | 14:45:00 | Deep Water Aerobics | North Pool |
| | 14:15:00 | 14:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| | 14:15:00 | 14:55:00 | Introduction to Fitness Centre - Strength machines | Fitness Centre |
| | 14:15:00 | 14:45:00 | Aerial Relaxation | Dance Studio |
| | 15:00:00 | 16:00:00 | Introduction to road cycling | Bike Centre |
| | 15:00:00 | 15:55:00 | Windsurf Instruction Intermediate | Watersports Centre |
| | 15:00:00 | 15:45:00 | Fun Time: Treasure Hunt, 6-10 years | Play Time |
| | 15:00:00 | 15:45:00 | Swimming: Introduction to Front Crawl | South Pool |
| | 15:00:00 | 15:50:00 | Introduction to Olympic Weightlifting | Fitness Centre |
| | 15:00:00 | 15:50:00 | Table Tennis Instruction, beginners, min. 15 years | North Hall |
| | 15:00:00 | 15:55:00 | Hatha Yoga | Volcano |
| | 15:15:00 | 16:45:00 | Free Talk in Danish: Stærk Aldring - Hemmelighederne bag Sunde Aldring med Sally Walker | North Conference Centre |
| | 15:15:00 | 16:00:00 | LIIT | 5-a-side |
| | 15:30:00 | 17:00:00 | Padel Social Tournament - all levels, min. 15 years | Padel Court 4 |
| | 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| | 16:00:00 | 18:00:00 | *Horseback Riding | North Reception |
| | 16:00:00 | 17:30:00 | 20-25 km road bike tour, 18-20 km/h avg. speed | Bike Centre |
| | 16:00:00 | 16:25:00 | Introduction to the TrackMan Studio | TrackMan Studio |
| | 16:00:00 | 16:40:00 | SUP Intermediate | Watersports Centre |
| | 16:00:00 | 16:50:00 | HYROX WOD | Functional Zone |

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| 16:00:00 | 16:40:00 | Tennis Fitness | Tennis Court 1 |
| 16:00:00 | 17:00:00 | Table Tennis Tournament | North Hall |
| 16:10:00 | 16:55:00 | Gymnastic for parent-child 0-3 years | South Hall |
| 16:15:00 | 16:45:00 | Trampoline Fitness - Silent Fit, min 10 years | The Lawn |
| 16:15:00 | 16:45:00 | Ultimate Legs & Glutes | Volcano |
| 16:30:00 | 16:55:00 | Introduction to the TrackMan Studio | TrackMan Studio |
| 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| 17:00:00 | 18:00:00 | Golf Putting Competition | Golf Area |
| 17:00:00 | 17:50:00 | Introduction to HYROX | Functional Zone |
| 17:05:00 | 17:50:00 | Gymnastic for parent-child 3-5 years | South Hall |
| 17:15:00 | 18:45:00 | Free Talk in English: Age Strong - The Secrets of Healthy Aging w/ Sally Walker | North Conference Centre |
| 17:15:00 | 19:00:00 | Green Team hosted 5 & 10k Race | Stadium |
| 17:15:00 | 18:45:00 | Swim Squad, min. 10 years | South Pool |
| 18:00:00 | 18:50:00 | Step Beginners | Volcano |
| 19:15:00 | 21:15:00 | Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0 | Padel Court 1 |
| 19:30:00 | 20:30:00 | Green Team Bingo | Square |

Activity Programme



Sunday 19/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
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| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:00:00 | 14:00:00 | *Scuba Safari Qualified Divers | Dive Centre |
| 08:00:00 | 08:40:00 | Breathe better - live better | Dance Studio |
| 08:00:00 | 08:50:00 | Open Water Morning Swim | Watersports Centre |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:15:00 | 09:15:00 | Body Bike Power - Silent Fit | Body Bike Area |
| 09:00:00 | 09:45:00 | Circuit training for seniors | 5-a-side |
| 09:00:00 | 11:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| 09:00:00 | 13:00:00 | *Teguisse Market | North Reception |
| 09:00:00 | 11:45:00 | 40 km road bike tour, 22-24 km/h avg. speed | Bike Centre |
| 09:00:00 | 09:50:00 | Mobility, all levels | Volcano |
| 09:00:00 | 09:40:00 | Introduction to bouldering, min. 15 years (Collect bouldering shoes from Sports Booking before class) | Bouldering Room |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 09:40:00 | CrossFit, 10-15 years | CrossFit area |
| 09:00:00 | 10:45:00 | HYROX Endurance | Functional Zone |
| 09:00:00 | 09:50:00 | Badminton Instruction Beginners | North Hall |
| 09:00:00 | 09:50:00 | Padel Serve – Intermediate – Level 3.0-4.0 | Padel Court 4 |
| 09:00:00 | 09:50:00 | Pickleball Instruction Beginners | Tennis Court 8 |
| 09:00:00 | 10:00:00 | Tennis Tournament Beginners 10-15 years | Tennis Court 1 |
| 09:15:00 | 10:30:00 | Fitness Reformer (with socks!) | Dance Studio |
| 09:15:00 | 09:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 10:00:00 | 10:55:00 | BODYPUMP™ | Volcano |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beginners | Watersports Centre |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 10:45:00 | Swimming Intermediate Front Crawl | South Pool |
| 10:00:00 | 10:50:00 | Introduction to CrossFit | CrossFit area |
| 10:00:00 | 12:00:00 | Badminton Social Tournament, min. 20 years | North Hall |
| 10:00:00 | 10:50:00 | Tennis Advanced | Tennis Court 2 |
| 10:00:00 | 11:00:00 | Pickleball Tournament, all levels | Tennis Court 8 |
| 10:15:00 | 10:45:00 | Trampoline Fitness - Silent Fit, min 10 years | The Lawn |
| 10:15:00 | 11:00:00 | Padel Beginners 6-10 years | Padel Court 4 |
| 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |

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| | 11:00:00 | 12:00:00 | Aerial Fitness | Dance Studio |
| | 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |
| | 11:00:00 | 11:45:00 | Swimming Beginners Front Crawl | South Pool |
| | 11:00:00 | 11:50:00 | Functional training | Functional Zone |
| | 11:00:00 | 11:50:00 | Pickleball Instruction Intermediate | Tennis Court 8 |
| | 11:00:00 | 11:50:00 | Tennis instruction Beginner 2 | Tennis Court 2 |
| | 11:10:00 | 12:00:00 | Step Intermediate | Volcano |
| | 11:15:00 | 12:45:00 | Wingfoil, beginners (windsurf experience required) | Watersports Centre |
| | 11:15:00 | 12:00:00 | Padel Beginners 10-15 years | Padel Court 4 |
| | 11:20:00 | 11:50:00 | Playful Penguins, 5-6 years | Children Pool |
| | 11:30:00 | 13:00:00 | Windsurf Instruction Beginners | Watersports Centre |
| | 12:00:00 | 12:30:00 | Playful Penguins, 3-4 years | Children Pool |
| | 12:00:00 | 12:40:00 | 2 Generation Swim | South Pool |
| | 12:00:00 | 12:50:00 | Padel Intermediate 1 - Level 2.0-3.5 | Padel Court 4 |
| | 13:00:00 | 15:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| | 13:00:00 | 17:00:00 | *Snorkel Safari Beginners (adults and kids +8 years) | Dive Centre |
| | 13:00:00 | 14:30:00 | Padel Social Tournament - all levels, min. 20 years | Padel Court 4 |
| | 13:00:00 | 13:50:00 | Watsu® | Wellness Centre entrance |
| | 14:00:00 | 15:50:00 | Egg Throwing and Bolas Tournament | Beach Volley Court |
| | 14:00:00 | 16:00:00 | Tennis Women´s Only Doubles | Tennis Court 1 |
| | 14:00:00 | 14:55:00 | Windsurf Instruction Refresher | Watersports Centre |
| | 14:00:00 | 14:25:00 | Swimming: Learn Front Crawl, 6-10 years | South Pool |
| | 14:00:00 | 15:45:00 | Beach Volleyball Instruction & Social Tournament, min. 15 years | Beach Volley Court |
| | 14:00:00 | 14:45:00 | Functional swim workout | North Pool |
| | 14:00:00 | 16:00:00 | Squash Tournament Advanced | Squash Court 1 |
| | 14:00:00 | 16:00:00 | Squash Tournament Beginners | Squash Court 1 |
| | 14:00:00 | 16:00:00 | Squash Tournament Intermediate | Squash Court 1 |
| | 14:15:00 | 15:00:00 | Toddlers Time 0-3 years | South Hall |
| | 14:30:00 | 14:55:00 | Swimming: Front Crawl, 10-15 years | South Pool |
| | 14:30:00 | 16:00:00 | Padel Social Tournament - all levels, min. 15 years | Padel Court 4 |
| | 15:00:00 | 15:45:00 | Toddlers Time 0-3 years | South Hall |
| | 15:00:00 | 16:00:00 | Introduction to MTB | Bike Centre |
| | 15:00:00 | 15:45:00 | Senior Training - Full body workout | Laguna |
| | 15:00:00 | 15:50:00 | Golf Instruction Beginners | Golf Area |
| | 15:00:00 | 15:55:00 | Surf Fun, 3-10 years | Watersports Centre |
| | 15:00:00 | 15:45:00 | Swim technique with video | South Pool |
| | 15:00:00 | 15:50:00 | Introduction to Powerlifting | Fitness Centre |
| | 15:00:00 | 15:50:00 | Fitness Boxing | Functional Zone |
| | 15:15:00 | 15:45:00 | Aqua Party | Leisure Pool |

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| 15:15:00 | 15:45:00 | Ultimate Abs | Volcano |
| 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 16:00:00 | 17:30:00 | Mountain Bike Tour Beginners | Bike Centre |
| 16:00:00 | 16:50:00 | Barefoot Fitness | Volcano |
| 16:00:00 | 16:25:00 | Introduction to the TrackMan Studio | TrackMan Studio |
| 16:00:00 | 16:45:00 | Young Time: Surf & Beach day, 10-15 years | Watersports Centre |
| 16:00:00 | 17:30:00 | Spikeball, min. 15 years | Beach Volley Court |
| 16:00:00 | 16:50:00 | Functional Team Workout | Functional Zone |
| 16:00:00 | 16:45:00 | TRX for Seniors | TRX area/ Stadium |
| 16:00:00 | 16:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| 16:15:00 | 17:45:00 | Swim Squad, min. 10 years | South Pool |
| 16:15:00 | 17:45:00 | Beat the Green Team - Family edition | 5-a-side |
| 16:30:00 | 16:55:00 | Introduction to the TrackMan Studio | TrackMan Studio |
| 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| 17:00:00 | 18:15:00 | Off-road Run 12km (5.30 min/km) | La Rambla |
| 17:00:00 | 17:50:00 | Golf – Chipping | Golf Area |
| 17:00:00 | 17:50:00 | Functional Mobility | CrossFit area |
| 17:00:00 | 17:50:00 | Circuit Fusion | Functional Zone |
| 17:00:00 | 17:50:00 | TRX (all levels) | TRX area/ Stadium |
| 17:00:00 | 17:55:00 | Padel: Beat The Green Team (Advanced) - Level 3.5-5.0 | Padel Court 4 |
| 17:00:00 | 17:50:00 | Introduction to Pickleball, 10-15 years | Tennis Court 8 |
| 17:30:00 | 18:25:00 | Body Bike Base Camp (beginners) - Silent Fit | Body Bike Area |
| 18:00:00 | 18:50:00 | Aerobics, all levels | Volcano |
| 19:00:00 | 20:00:00 | *Saunagus "Relax", w/ Jordi, min 18 years | Wellness Centre entrance |
| 20:30:00 | 22:00:00 | Live Music with Craig Andrews | Square |

Activity Programme



Monday 20/04/2026

*Additional cost €

| Start Time | End Time | Activity Name | Meeting Point |
|------------|----------|---|------------------------------|
| 08:00:00 | 08:15:00 | Morning Gymnastics | Leisure Pool |
| 08:00:00 | 12:00:00 | *Snorkel Safari Beginners (adults and kids +8 years) | Dive Centre |
| 08:00:00 | 14:00:00 | *Scuba Safari Qualified Divers | Dive Centre |
| 08:00:00 | 10:00:00 | Green Team hosted Duathlon with BodyBike | Body Bike Area |
| 08:00:00 | 15:00:00 | *Golf Tour at Costa Teguisse | North Reception |
| 08:00:00 | 08:30:00 | Morning meditation | Dance Studio |
| 08:15:00 | 08:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 08:15:00 | 08:45:00 | Morningrun or Walk 2-5 km | La Rambla |
| 08:15:00 | 12:00:00 | 80-90 km road bike tour, 27-29 km/h avg. speed | Bike Centre |
| 08:45:00 | 09:05:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:00:00 | 09:45:00 | Circuit training for seniors | Laguna |
| 09:00:00 | 10:30:00 | Pilates Reformer, all levels (with socks!) | Dance Studio |
| 09:00:00 | 09:50:00 | Body toning | Volcano |
| 09:00:00 | 10:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 09:00:00 | 09:50:00 | Football School 5-10 years | 5-a-side |
| 09:00:00 | 09:50:00 | TRX (all levels) | TRX area/ Stadium |
| 09:00:00 | 09:50:00 | HYROX WOD | Functional Zone |
| 09:00:00 | 09:50:00 | Padel Advanced– Level 4.0-5.0 | Padel Court 4 |
| 09:00:00 | 09:50:00 | Tennis Serve Beginners | Tennis Court 2 |
| 09:10:00 | 09:55:00 | Swimming Front Crawl Advanced | South Pool |
| 09:15:00 | 09:35:00 | *InBody Weight & Body Composition analysis, min. 18 years | NutriBalance Office (Square) |
| 09:15:00 | 09:45:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 09:30:00 | 14:00:00 | *Volcano Walk - Fire Route | North Reception |
| 09:30:00 | 13:30:00 | *Surf School | North Reception |
| 10:00:00 | 10:45:00 | Running Technique | Stadium |
| 10:00:00 | 10:55:00 | BODYBALANCE™ | Volcano |
| 10:00:00 | 10:50:00 | Golf Instruction Beginners | Golf Area |
| 10:00:00 | 11:30:00 | Windsurf Instruction Beginners | Watersports Centre |
| 10:00:00 | 11:00:00 | Play Time Kids Club 3-10 years | Play Time |
| 10:00:00 | 10:50:00 | Football School 10-15 years | 5-a-side |
| 10:00:00 | 10:50:00 | Introduction to CrossFit | CrossFit area |
| 10:00:00 | 10:50:00 | Functional training | Functional Zone |

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| 10:00:00 | 10:50:00 | TRX (only for experienced) | TRX area/ Stadium |
| 10:00:00 | 10:50:00 | Padel Intermediate 2 - Level 3.0-4.0 | Padel Court 4 |
| 10:00:00 | 10:50:00 | Tennis Serve Advanced | Tennis Court 2 |
| 10:00:00 | 11:00:00 | Pickleball Tournament, all levels | Tennis Court 8 |
| 10:10:00 | 10:50:00 | Swimming Tumble Turns | South Pool |
| 11:00:00 | 12:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 11:00:00 | 11:45:00 | Track Session | Stadium |
| 11:00:00 | 11:55:00 | BODYCOMBAT™ | Volcano |
| 11:00:00 | 11:50:00 | Golf – Chipping | Golf Area |
| 11:00:00 | 12:30:00 | Wingfoil, beginners (windsurf experience required) | Watersports Centre |
| 11:00:00 | 11:55:00 | Play Time Kids Club 3-10 years | Play Time |
| 11:00:00 | 11:25:00 | Flip´n´Fun, 6-10 years | South Pool |
| 11:00:00 | 13:00:00 | Social Football min. 15 years | 5-a-side |
| 11:00:00 | 11:50:00 | CrossFit Conditioning (all levels) | CrossFit area |
| 11:00:00 | 11:55:00 | Table Tennis: Beat the Green Team | North Hall |
| 11:00:00 | 13:00:00 | Racketball tournament, all levels | Squash Court 1 |
| 11:30:00 | 13:00:00 | Windsurf Instruction Beginners | Watersports Centre |
| 11:30:00 | 11:55:00 | Flip´n´Fun, 10-15 years | South Pool |
| 12:00:00 | 13:00:00 | Golf Chipping and Putting Challenge | Golf Area |
| 13:00:00 | 15:00:00 | *Scuba Pool Dive for beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 17:00:00 | *Scuba Beach Dive Beginners (adults and kids +8 years) | Dive Centre |
| 13:00:00 | 13:45:00 | Watsu® open door | Wellness Centre entrance |
| 13:15:00 | 13:45:00 | Aerial Relaxation | Dance Studio |
| 13:45:00 | 14:30:00 | Watsu® open door | Wellness Centre entrance |
| 14:00:00 | 16:00:00 | Workshop for women: All about Menopause w/Sally Walker | North Conference Centre |
| 14:00:00 | 14:45:00 | Intro to Aerial Fitness | Dance Studio |
| 14:00:00 | 14:55:00 | Windsurf Instruction Intermediate | Watersports Centre |
| 14:00:00 | 14:50:00 | Introduction to Boxing | Functional Zone |
| 14:15:00 | 15:45:00 | Kids vs Parents, min. 6 years | 5-a-side |
| 14:15:00 | 14:55:00 | Introduction to Fitness Centre - Strength machines | Fitness Centre |
| 15:00:00 | 17:00:00 | Tennis Men´s Only Doubles | Tennis Court 5 |
| 15:00:00 | 15:50:00 | Green Team hosted Aquathlon | North Pool |
| 15:00:00 | 15:50:00 | Fitball | Volcano |
| 15:00:00 | 15:45:00 | Stand Up Paddle 10-15 years | Watersports Centre |
| 15:00:00 | 15:50:00 | Introduction to Olympic Weightlifting | Fitness Centre |
| 15:15:00 | 16:45:00 | Swim Squad, min. 10 years | South Pool |
| 15:15:00 | 15:45:00 | Aqua Party | Leisure Pool |
| 16:00:00 | 17:00:00 | Social Petanque (no instructor) | Pétanque Court |
| 16:00:00 | 17:30:00 | 20 km gravel bike tour (Experience required) | Bike Centre |
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| 16:00:00 | 16:50:00 | Dance | Volcano |
| 16:00:00 | 16:30:00 | Stand Up Paddle (SUP) for beginners | Watersports Centre |
| 16:00:00 | 16:50:00 | Circuit Fusion | Functional Zone |
| 16:00:00 | 16:50:00 | CrossFit (only for experienced) | CrossFit area |
| 16:00:00 | 16:50:00 | Pickleball Instruction Intermediate | Tennis Court 8 |
| 16:00:00 | 16:55:00 | Tennis: Beat the Green Team (advanced) | Tennis Court 1 |
| 16:15:00 | 17:45:00 | Fun Time: Olympic Day & Diploma ceremony, 3-10 years | Play Time |
| 16:30:00 | 17:30:00 | Body Bike Power - Silent Fit | Body Bike Area |
| 17:00:00 | 17:50:00 | Stretch & Relax | Volcano |
| 17:00:00 | 17:40:00 | Introduction to bouldering, 10-15 years (Collect bouldering shoes from Sports Booking before class) | Bouldering Room |
| 17:00:00 | 17:50:00 | Introduction to HYROX | Functional Zone |
| 17:00:00 | 19:00:00 | Doubles Badminton Tournament (no instructor) | North Hall |
| 18:00:00 | 20:00:00 | Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0 | Padel Court 1 |
| 18:00:00 | 18:30:00 | HIIT | Volcano |
| 20:00:00 | 21:00:00 | Green Team Show | Square |
| 21:30:00 | 23:00:00 | Karaoke for everyone | Discotheque CLS Arena |