

Activity Programme



Saturday 29/03/2025

*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	08:45:00	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	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	09:45:00	Circuit training for seniors	The Lawn
09:00:00	11:45:00	50-60 km road bike tour, 24-26 km/h avg. speed	Bike Centre
09:00:00	10:00:00	Play Time Kids Club 3-10 years	Play Time
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	09:45:00	Tennis Instruction Beginners 10-15 year	Tennis Court 2
09:00:00	09:50:00	Barefoot Fitness	Volcano
09:00:00	09:30:00	Bus/Taxi transfer to the Airport	North Reception
09:00:00	09:50:00	Tennis Serve Advanced	Tennis Court 1
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	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	HYROX WOD	Functional Zone
10:00:00	10:50:00	Football School 10-15 years	Stadium
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
10:00:00	10:50:00	Fitball	Volcano
10:10:00	10:55:00	Swimming: Introduction to Front Crawl	South Pool
10:10:00	11:00:00	CrossFit (only for experienced)	CrossFit area
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	11:45:00	Information tour in English	Sports Booking
11:00:00	12:00:00	Play Time Kids Club 3-10 years	Play Time
11:00:00	11:45:00	SUP Fitness	Watersports Centre
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. 20 years	Tennis Court 1

11:00:00	11:50:00	Padel Intermediate - Level 3.0-4.0	Padel Court 4
11:00:00	11:45:00	Intro to Aerial Fitness	Dance Studio
11:10:00	11:50:00	Swimming Backstroke for adults	South Pool
11:10:00	12:00:00	Aerobics, all levels	Volcano
11:30:00	13:00:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
11:30:00	12:00:00	Bus/Taxi transfer to the Airport	North Reception
12:00:00	13:00:00	Table Tennis Tournament, 10-15 years	North Hall
12:15:00	12:45:00	Aerial Relaxation	Dance Studio
12:45:00	13:15:00	Bus/Taxi transfer to the Airport	North Reception
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
13:45:00	14:15:00	Bus/Taxi transfer to the Airport	North Reception
14:00:00	17:00:00	Volcano Walk	Sports Booking
14:00:00	14:45:00	Fun Time: Treasure Hunt, 3-5 years	Play Time
14:00:00	15:00:00	Windsurf Instruction Intermediate	Watersports Centre
14:00:00	15:30:00	Padel Social Tournament - all levels, min. 20 years	Padel Court 4
14:10:00	14:40:00	Deep Water Aerobics	North Pool
14:30:00	16:30:00	*Horseback Riding	North Reception
14:45:00	15:15:00	Bus/Taxi transfer to the Airport	North Reception
15:00:00	15:45:00	Fun Time: Treasure Hunt, 6-10 years	Play Time
15:00:00	15:40:00	Aqua jogging	South Pool
15:00:00	15:50:00	Table Tennis Instruction, beginners, min. 15 years	North Hall
15:05:00	15:50:00	Senior Training - Full body workout	The Lawn
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	15:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
15:15:00	15:55:00	Introduction to Fitness Centre - Strength machines	Fitness Centre
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	Hill Reps - Road Bike	Bike Centre
16:00:00	16:40:00	SUP Intermediate	Watersports Centre
16:00:00	16:40:00	Basic Swim Steps, 6-10 years	South Pool
16:00:00	16:50:00	Kettlebell training, all levels	Functional Zone
16:00:00	16:50:00	CrossFit Conditioning (all levels)	CrossFit area
16:00:00	16:25:00	Introduction to the TrackMan Studio	TrackMan Studio
16:00:00	17:00:00	Table Tennis Tournament	North Hall
16:00:00	16:40:00	Tennis Fitness	Tennis Court 1
16:00:00	16:55:00	BODYPUMP™	Volcano
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

16:30:00	16:55:00	Introduction to the TrackMan Studio	TrackMan Studio
17:00:00	17:50:00	Introduction to HYROX	Functional Zone
17:00:00	18:00:00	Golf Putting Competition	Golf Area
17:05:00	17:50:00	Gymnastic for parent-child 3-5 years	South Hall
17:05:00	17:55:00	Stretch & Relax	Volcano
17:15:00	19:00:00	Green Team hosted 5 & 10k Race	Stadium
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	18:45:00	Swim Squad, min. 10 years	South Pool
18:05:00	18:55:00	Step Beginners	Volcano
20:00:00	21:00:00	Club La Santa Quiz night with FrankaSunshine	Square

Activity Programme



Sunday 30/03/2025

*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	14:00:00	*Scuba Safari Qualified Divers	Dive Centre
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	08:50:00	Open Water Morning Swim	Watersports Centre
08:00:00	08:30:00	Breathe better - live better	Dance Studio
08:00:00	08:30:00	Bus/Taxi transfer to the Airport	North Reception
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	09:15:00	Body Bike Power - Silent Fit	Body Bike Area
09:00:00	11:00:00	*Scuba Pool Dive for beginners (adults and kids +8 years)	Dive Centre
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	13:00:00	*Teguisse Market	North Reception
09:00:00	11:45:00	35-45 km women road bike tour 22-24 km/h avg. speed	Bike Centre
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	10:00:00	Tennis Tournament Beginners 10-15 years	Tennis Court 1
09:00:00	09:45:00	Mobility, all levels	Volcano
09:00:00	10:30:00	Pilates Reformer, all levels (with socks!)	Dance Studio
09:00:00	09:50:00	Introduction to Pickleball	Tennis Court 8
09:15:00	10:15:00	Fun Time: Bike Skillz Squad 3-5 years	Bike Centre
09:15:00	09:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:15:00	09:35:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:15:00	09:45:00	Bus/Taxi transfer to the Airport	North Reception
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	10:45:00	Swimming Intermediate Front Crawl	South Pool
10:00:00	10:50:00	CrossFit Conditioning (all levels)	CrossFit area
10:00:00	10:40:00	Introduction to bouldering, min. 15 years	Bouldering Room
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	10:45:00	BODYATTACK™	Volcano
10:00:00	11:00:00	Pickleball Tournament	Tennis Court 8
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
10:15:00	10:35:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
10:30:00	11:30:00	Fun Time: Bike Skillz Squad 6-8 years	Bike Centre
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	11:45:00	Information tour in English	Sports Booking
11:00:00	12:00:00	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	Introduction to CrossFit	CrossFit area
11:00:00	11:50:00	Tennis instruction Beginner 2	Tennis Court 2
11:00:00	11:50:00	Body toning	Volcano
11:00:00	12:30:00	Wingfoil, beginners	Watersports Centre
11:15:00	12:00:00	Padel Beginners 10-15 years	Padel Court 4
11:30:00	13:00:00	Windsurf Instruction Beginners	Watersports Centre
11:30:00	12:30:00	Aerial Fitness	Dance Studio
11:45:00	12:15:00	Bus/Taxi transfer to the Airport	North Reception
12:00:00	12:25:00	Swimming: Learn Front Crawl, 6-10 years	South Pool
12:00:00	12:50:00	Padel Intermediate - Level 3.0-4.0	Padel Court 4
12:00:00	12:50:00	BODYBALANCE™	Volcano
12:30:00	12:55:00	Swimming: Learn Front Crawl, 10-15 years	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	*Snorkel Safari Beginners (adults and kids +8 years)	Dive Centre
13:00:00	13:30:00	Bus/Taxi transfer to the Airport	North Reception
14:00:00	15:00:00	Windsurf Instruction Refresher	Watersports Centre
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	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	16:00:00	Squash Tournament Beginners	Squash Court 1
14:00:00	16:00:00	Squash Tournament Advanced	Squash Court 1
14:00:00	16:00:00	Squash Tournament Intermediate	Squash Court 1
14:15:00	14:45:00	Hula Hoop, min. 10 years	Laguna
14:15:00	15:00:00	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	15:50:00	Fitness Boxing	Functional Zone
15:00:00	15:50:00	Golf Instruction Beginners	Golf Area
15:00:00	15:50:00	Fascial Training	Volcano
15:00:00	15:45:00	Toddlers Time 0-3 years	South Hall
15:10:00	15:40:00	Aqua Party	Leisure Pool
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	16:45:00	Young Time: Surf & Beach day, 10-15 years	Watersports Centre
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	16:25:00	Introduction to the TrackMan Studio	TrackMan Studio
16:00:00	17:30:00	Spikeball, min. 15 years	Beach Volley Court
16:00:00	16:55:00	Padel: Beat The Green Team (Advanced) - Level 3.5-5.0	Padel Court 4
16:05:00	16:55:00	Introduction to Powerlifting	Fitness Centre
16:05:00	16:55:00	Step Intermediate	Volcano
16:15:00	17:45:00	Beat the Green Team - Family edition	5-a-side
16:15:00	16:55:00	2 Generation Swim	South Pool
16:30:00	16:55:00	Introduction to the TrackMan Studio	TrackMan Studio
17:00:00	18:15:00	Off-road Run 12km (5.30 min/km)	La Rambla
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	Golf – Chipping	Golf Area
17:00:00	19:00:00	Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0	Padel Court 1
17:00:00	18:00:00	Pickleball Tournament	Tennis Court 8
17:05:00	17:55:00	Stretch & Relax	Volcano
17:15:00	18:45:00	Swim Squad, min. 10 years	South Pool
17:30:00	18:25:00	Body Bike Base Camp (beginners) - Silent Fit	Body Bike Area
18:10:00	18:40:00	Ultimate Legs & Glutes	Volcano
19:00:00	20:00:00	*Saunagus "Relax", w/ Bjarne, min 18 years	Wellness Centre entrance
20:30:00	22:00:00	Live Music with Craig Andrews	Square

Activity Programme



Monday 31/03/2025

*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	Sunrise Openwater Swim Ironman Beach	North Reception
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	08:15:00	Morning Gymnastics	Leisure Pool
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	08:45:00	Morningrun or Walk 2-5 km	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	The Lawn
09:00:00	13:30:00	*Fire Mountains	North Reception
09:00:00	10:00:00	Introduction to road cycling	Bike Centre
09:00:00	10:00:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	09:50:00	TRX (all levels)	TRX area/ Stadium
09:00:00	09:50:00	CrossFit (only for experienced)	CrossFit area
09:00:00	09:50:00	HYROX WOD	Functional Zone
09:00:00	09:50:00	Football School 10-15 years	5-a-side
09:00:00	09:50:00	Tennis Serve Beginners	Tennis Court 2
09:00:00	09:50:00	Fitball	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	09:35:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
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	10:45:00	Running School	Stadium
10:00:00	11:30:00	20-25 km road bike tour, 18-20 km/h avg. speed	Bike Centre
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	Introduction to CrossFit	CrossFit area
10:00:00	10:50:00	Functional training	Functional Zone
10:00:00	10:50:00	TRX (only for experienced)	TRX area/ Stadium

10:00:00	10:50:00	Golf Instruction Beginners	Golf Area
10:00:00	10:50:00	Football School 5-10 years	5-a-side
10:00:00	10:50:00	Tennis Serve Advanced	Tennis Court 2
10:00:00	10:50:00	Introduction to Pickleball, 10-15 years	Tennis Court 8
10:00:00	10:50:00	Pilates, all levels	The Lawn
10:00:00	10:50:00	Step Intermediate	Volcano
10:10:00	10:50:00	Swimming Tumble Turns	South Pool
10:15:00	11:30:00	Fitness Reformer (with socks!)	Dance Studio
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	11:45:00	Information tour in English	Sports Booking
11:00:00	11:45:00	Track Session	Stadium
11:00:00	12:00:00	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	11:50:00	CrossFit Conditioning (all levels)	CrossFit area
11:00:00	11:45:00	Golf, 7-12 years	Golf Area
11:00:00	13:00:00	Social Football min. 15 years	5-a-side
11:00:00	13:00:00	Racketball tournament, all levels	Squash Court 1
11:00:00	11:55:00	Yoga Flow	The Lawn
11:05:00	12:00:00	BODYPUMP™	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	12:45:00	Golf, 13-17 years	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	13:50:00	Watsu®	Wellness Centre entrance
13:20:00	13:50:00	Aerial Relaxation	Dance Studio
14:00:00	16:00:00	Workshop for women: All about Menopause w/Sally Walker	North Conference Centre
14:00:00	15:00:00	Windsurf Instruction Intermediate	Watersports Centre
14:00:00	14:50:00	Introduction to Boxing	Functional Zone
14:00:00	16:00:00	Spa and NutriBalance	Wellness Centre entrance
14:15:00	15:45:00	Kids vs Parents, min. 6 years	5-a-side
15:00:00	17:45:00	50-60 km road bike tour, 24-26 km/h avg. speed	Bike Centre
15:00:00	15:50:00	Circuit Fusion	Functional Zone
15:00:00	15:50:00	Green Team hosted Aquathlon	North Pool
15:00:00	15:45:00	Intro to Aerial Fitness	Dance Studio
15:10:00	15:55:00	Stand Up Paddle 10-15 years	Watersports Centre
15:15:00	15:55:00	Introduction to Fitness Centre - Strength machines	Fitness Centre
15:15:00	15:45:00	Ultimate Abs	Volcano
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	16:30:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
	16:00:00	16:50:00	Functional Mobility	CrossFit area
	16:00:00	16:50:00	Introduction to HYROX	Functional Zone
	16:00:00	16:55:00	Tennis: Beat the Green Team (advanced)	Tennis Court 1
	16:00:00	16:50:00	Padel Advanced– Level 4.0-5.0	Padel Court 4
	16:00:00	16:50:00	Stretch & Relax	Volcano
	16:05:00	16:55:00	Introduction to Olympic Weightlifting	Fitness Centre
	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
	16:15:00	17:45:00	Senior Reformer (with socks!)	Dance Studio
	16:30:00	17:30:00	Body Bike Power - Silent Fit	Body Bike Area
	17:00:00	19:00:00	Doubles Badminton Tournament (no instructor)	North Hall
	17:00:00	19:00:00	Tennis Men's Only Doubles	Tennis Court 1
	17:00:00	17:50:00	Padel Serve – Intermediate – Level 3.0-4.0	Padel Court 4
	17:00:00	17:50:00	Dance	Volcano
	17:10:00	18:25:00	NutriBalance: Busting Nutritional Myths Talk w/ Emma Gibbins	North Conference Centre
	17:15:00	17:55:00	Introduction to bouldering, 10-15 years	Bouldering Room
	18:00:00	19:00:00	Time Share Owner's meeting	Members Lounge
	20:00:00	21:00:00	Green Team Show	Square
	22:00:00	23:00:00	Line Dance Party with FrankaSunshine	Discotheque CLS Arena

Activity Programme



Tuesday 01/04/2025

*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
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	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	11:30:00	Green Team hosted Half Marathon, 14k and 7k	Stadium
09:00:00	13:00:00	*Sea Kayak Tour Beginners	North Reception
09:00:00	11:45:00	40 km road tour, 22-24 km/h avg. speed	Bike Centre
09:00:00	10:00:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	09:50:00	HYROX WOD	Functional Zone
09:00:00	09:50:00	Golf Functional Training	Golf Area
09:00:00	09:40:00	Introduction to bouldering, min. 15 years	Bouldering Room
09:00:00	09:50:00	Badminton Instruction Beginners	North Hall
09:00:00	09:40:00	Tennis Fitness	Tennis Court 1
09:00:00	09:50:00	Fascial Training	Volcano
09:00:00	09:20:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:05:00	09:55:00	Introduction to CrossFit	CrossFit area
09:10:00	09:40:00	Toddlers Water Experience, 12-35 months	Wellness Centre entrance
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	Fun Time: Bike Skillz Squad 3-5 years	Bike Centre
09:30:00	09:50:00	*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	2 Generation TRX, min. 10 years	TRX area/ Stadium
10:00:00	10:50:00	CrossFit Conditioning (all levels)	CrossFit area
10:00:00	10:50:00	Golf – Chipping	Golf Area
10:00:00	10:50:00	Badminton Instruction Intermediate	North Hall
10:00:00	12:00:00	Tennis Social Tournament, min. 20 years	Tennis Court 1
10:00:00	10:55:00	BODYCOMBAT™	Volcano
10:00:00	10:20:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)

10:15:00	10:45:00	Introduction to Slackline	Watersports Centre
10:15:00	10:45:00	Introduction to Dryland Swimming Session	Functional Zone
10:45:00	11:45:00	Fun Time: Bike Skillz Squad 6-8 years	Bike Centre
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	12:00:00	Play Time Kids Club 3-10 years	Play Time
11:00:00	11:45:00	SUP Fitness	Watersports Centre
11:00:00	11:50:00	CrossFit Team WOD (only for experienced)	CrossFit area
11:00:00	12:00:00	Golf Chipping and Putting Challenge	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	11:50:00	Kettlebell training, all levels	Functional Zone
11:05:00	11:55:00	Step Beginners	Volcano
11:15:00	11:55:00	Aqua jogging	South Pool
11:15:00	12:00:00	Intro to Aerial Fitness	Dance Studio
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
12:45:00	13:30:00	NutriBalance: Starter Nutrition Package	NutriBalance Office (Square)
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	13:30:00	Breathe better - live better	Dance Studio
13:00:00	13:50:00	Watsu®	Wellness Centre entrance
13:15:00	14:00:00	Toddlers Time 0-3 years	South Hall
13:45:00	14:15:00	Bus/Taxi transfer to the Airport	North Reception
14:00:00	16:00:00	*Workshop: Men - all about man'opause w/ Sally Walker	North Conference Centre
14:00:00	15:00:00	Windsurf Instruction Intermediate	Watersports Centre
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	Padel tournament, beginners/intermediate - Level 1.0-3.0	Padel Court 4
14:00:00	14:45:00	Toddlers Time 0-3 years	South Hall
14:00:00	16:00:00	Spa and NutriBalance	Wellness Centre entrance
14:15:00	14:45:00	Deep Water Aerobics	North Pool
14:15:00	15:45:00	Pilates Reformer, all levels (with socks!)	Dance Studio
15:00:00	17:45:00	Mountain Bike Tour Intermediate	Bike Centre
15:00:00	16:30:00	Wingfoil, beginners	Watersports Centre

15:00:00	15:25:00	Swimming: Learn Front Crawl, 6-10 years	South Pool
15:00:00	15:45:00	Functional swim workout	North Pool
15:00:00	15:50:00	Golf Instruction Beginners	Golf Area
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
15:15:00	15:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
15:15:00	16:00:00	Basic gymnastic, 6-10 years	South Hall
15:30:00	20:00:00	*Wine & Tapas Tour	North Reception
15:30:00	15:55:00	Swimming: Learn Front Crawl, 10-15 years	South Pool
15:30:00	17:00:00	Padel tournament, intermediate/advanced - Level 3.0-5.0	Padel Court 4
15:30:00	16:00:00	Ultimate Abs	Volcano
16:00:00	17:00:00	Social Petanque (no instructor)	Pétanque Court
16:00:00	16:40:00	SUP Intermediate	Watersports Centre
16:00:00	16:50:00	Circuit Fusion	Functional Zone
16:00:00	18:00:00	Tennis Tournament Intermediate	Tennis Court 1
16:05:00	16:50:00	Basic gymnastic, 10-15 years	South Hall
16:15:00	17:30:00	Family pentathlon	Stadium
16:15:00	17:45:00	Swim Squad, min. 10 years	South Pool
16:15:00	16:45:00	HIIT	Volcano
16:30:00	17:25:00	Body Bike Base Camp (beginners) - Silent Fit	Body Bike Area
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	Stretch & Relax	Volcano
17:45:00	18:25:00	Body Bike HIIT - Silent Fit	Body Bike Area
18:00:00	18:45:00	Swimming Open Water Skills in the lagoon	Watersports Centre
18:00:00	18:50:00	Body toning	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	21:30:00	Game on!	Square

Activity Programme



Wednesday 02/04/2025

*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
07:30:00	14:00:00	*Excursion: La Graciosa tour	North Reception
07:45:00	08:05:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
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	08:15:00	Morning Gymnastics	Leisure Pool
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	09:10:00	Morningrun Offroad 8km (5min./km or 5:45min/km)	La Rambla
08:15:00	12:00:00	80-90 km road bike tour, 27-29 km/h avg. speed	Bike Centre
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	The Lawn
09:00:00	13:30:00	*Volcano Walk - Wine Route	North Reception
09:00:00	16:00:00	*Catamaran Sailing	North Reception
09:00:00	10:00:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	09:50:00	Introduction to CrossFit	CrossFit area
09:00:00	09:50:00	HYROX WOD	Functional Zone
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	09:45:00	Padel Beginners 10-15 years	Padel Court 4
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:15:00	09:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:15:00	09:35:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:30:00	13:30:00	*Surf School	North Reception
10:00:00	10:45:00	Track Session	Stadium
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	CrossFit (only for experienced)	CrossFit area
10:00:00	10:50:00	Football School 10-15 years	Stadium
10:00:00	12:00:00	Beach Volley Tournament	Beach Volley Court

10:00:00	10:50:00	Tennis Instruction for Seniors	Tennis Court 2
10:00:00	10:45:00	Padel Beginners 6-10 years	Padel Court 4
10:00:00	10:50:00	Functional Team Workout	Functional Zone
10:00:00	10:50:00	Pilates, all levels	5-a-side
10:00:00	11:15:00	Club La Santa behind the scenes tour	South Conference Centre
10:05:00	11:00:00	BODYPUMP™	Volcano
10:10:00	10:55:00	Swimming: Introduction to Front Crawl	South Pool
10:30:00	12:00:00	Badminton Tournament 10-15 years	North Hall
11:00:00	12:00:00	Individual rehearsal, min. 5 years – Children and Guest show	Square
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	12:00:00	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	Padel Advanced– Level 4.0-5.0	Padel Court 4
11:00:00	11:55:00	Yoga Flow	5-a-side
11:10:00	11:50:00	Swimming Breaststroke for adults	South Pool
11:10:00	11:55:00	LIIT	Volcano
11:10:00	12:10:00	Aerial Fitness	Dance Studio
11:30:00	13:00:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
12:00:00	13:00:00	Individual rehearsal, min. 5 years – Children and Guest show	Square
12:00:00	12:25:00	Swimming: Learn Breaststroke, 6-10 years	South Pool
12:00:00	12:50:00	Badminton Instruction for Seniors	North Hall
12:20:00	12:50:00	Aerial Relaxation	Dance Studio
12:30:00	12:55:00	Swimming: Learn Breaststroke, 10-15 years	South Pool
12:40:00	13:40:00	NutriBalance: Sports Nutrition Talk – Fuelling Your Performance 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
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	14:50:00	Beauty Workshop "Facials"	Wellness Centre entrance
15:00:00	16:00:00	Introduction to MTB	Bike Centre
15:00:00	16:00:00	Windsurf Race Beginners	Watersports Centre
15:00:00	15:50:00	Tennis instruction Beginner 2	Tennis Court 2
15:00:00	15:50:00	Introduction to Beach Tennis	Beach Volley Court
15:00:00	15:45:00	NutriBalance: Starter Nutrition Package	NutriBalance Office (Square)
15:10:00	15:40:00	Aqua Party	Leisure Pool

15:15:00	15:45:00	Fun Time: Rehearsal for Children & Guest show, 3-14 years	Square
15:15:00	15:55:00	Aqua jogging	South Pool
15:15:00	15:55:00	Introduction to Fitness Centre - Strength machines	Fitness Centre
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	17:00:00	Windsurf Race Advanced	Watersports Centre
16:00:00	16:50:00	Circuit Fusion	Functional Zone
16:00:00	16:50:00	TRX (all levels)	TRX area/ Stadium
16:00:00	16:50:00	CrossFit Conditioning (all levels)	CrossFit area
16:00:00	16:40:00	Introduction to bouldering, min. 15 years	Bouldering Room
16:00:00	18:00:00	Social Beach Tennis Tournament, min. 20 years	Beach Volley Court
16:00:00	18:00:00	Tennis Tournament Beginners	Tennis Court 1
16:00:00	16:50:00	Barefoot Fitness	Volcano
16:00:00	16:45:00	Senior Training - Full body workout	The Lawn
16:15:00	17:45:00	Jungle run for families	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	TRX (only for experienced)	TRX area/ Stadium
17:00:00	17:50:00	Introduction to HYROX	Functional Zone
17:00:00	17:50:00	Stretch & Relax	Volcano
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	18:45:00	BODYATTACK™	Volcano
19:00:00	19:45:00	Children & Guest Show	Square
22:00:00	23:59:00	Karaoke for everyone	Discotheque CLS Arena

Activity Programme



Thursday 03/04/2025

*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	09:45:00	Green 3k walk	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
09:00:00	09:45:00	Circuit training for seniors	The Lawn
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	Badminton Doubles Tactics (Intermediate/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 4
09:00:00	09:45:00	Mobility, all levels	Volcano
09:00:00	11:45:00	40 km road tour, 22-24 km/h avg. speed	Bike Centre
09:15:00	09:55:00	Kayak Instruction Beginners	Watersports Centre
09:15:00	09:35:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:30:00	13:30:00	*Surf School	North Reception
09:45:00	10:05:00	*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	10:45:00	Swimming Intermediate Front Crawl	South Pool
10:00:00	10:50:00	Golf – Putting	Golf Area
10:00:00	11:00:00	Table Tennis Tournament	North Hall
10:00:00	10:45:00	Two Generations Tennis Instruction	Tennis Court 2
10:00:00	10:50:00	Padel Intermediate - Level 3.0-4.0	Padel Court 4
10:00:00	10:50:00	Step Intermediate	Volcano
10:00:00	11:15:00	Club La Santa behind the scenes tour	South Conference Centre
10:05:00	10:55:00	CrossFit Weightlifting	CrossFit area
10:15:00	10:45:00	Trampoline Fitness - Silent Fit, min 10 years	The Lawn
10:15:00	10:35:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court

	11:00:00	12:00:00	Play Time Kids Club 3-10 years	Play Time
	11:00:00	11:50:00	Functional training	Functional Zone
	11:00:00	12:00:00	Golf Putting Competition	Golf Area
	11:00:00	12:00:00	Table Tennis Tournament, 10-15 years	North Hall
	11:00:00	13:00:00	Tennis Tournament Advanced	Tennis Court 1
	11:05:00	11:55:00	Introduction to Olympic Weightlifting	Fitness Centre
	11:05:00	11:55:00	Fitball	Volcano
	11:15:00	12:00:00	Swimming Beginners Front Crawl	South Pool
	11:30:00	13:00:00	Windsurf Instruction Beginners	Watersports Centre
	12:15:00	13:00:00	Intro to Aerial Fitness	Dance Studio
	12:15:00	12:45:00	Hula Hoop, min. 10 years	Volcano
	13:00:00	13:50:00	Golf - How to hit your woods	TrackMan Studio
	13:15:00	13:45:00	Breathe better - live better	Dance Studio
	14:00:00	14:55:00	Windsurf Instruction Advanced	Watersports Centre
	14:00:00	14:50:00	Boxing Intermediate	Functional Zone
	14:00:00	14:50:00	Golf - Speed training	TrackMan Studio
	14:00:00	14:50:00	Tennis Advanced	Tennis Court 2
	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
	15:00:00	17:45:00	50-60 km road bike tour, 24-26 km/h avg. speed	Bike Centre
	15:00:00	15:50:00	Fun Time: Street day, 3-5 years	3x3 Basketball Court
	15:00:00	16:30:00	Wingfoil, beginners	Watersports Centre
	15:00:00	15:25:00	Flip´n´Fun, 6-10 years	South Pool
	15:00:00	15:50:00	Fitness Boxing	Functional Zone
	15:00:00	15:50:00	Golf: Longest Drive - only for golf players	TrackMan Studio
	15:00:00	17:00:00	Social Football min. 15 years	5-a-side
	15:15:00	15:55:00	2 Generation SUP instruction, min. 6 years	Watersports Centre
	15:30:00	15:55:00	Flip´n´Fun, 10-15 years	South Pool
	15:30:00	17:00:00	Padel Social Tournament - all levels, min. 15 years	Padel Court 4
	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	Introduction to HYROX	Functional Zone
	16:00:00	16:50:00	Beauty Workshop "Facials"	Wellness Centre entrance
	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 Legs & Glutes	Volcano
	17:00:00	17:50:00	Young Time: Street day, 10-15 years	3x3 Basketball Court

17:00:00	17:50:00	CrossFit Conditioning (all levels)	CrossFit area
17:00:00	17:50:00	TRX (all levels)	TRX area/ Stadium
17:00:00	17:50:00	Introduction to Pickleball	Tennis Court 8
17:00:00	17:50:00	Stretch & Relax	Volcano
17:10:00	18:00:00	7.5km off road hill run (5:15 min/km pace)	La Rambla
17:10:00	17:55:00	Introduction to Powerlifting	Fitness Centre
17:15:00	18:45:00	Swim Squad, min. 10 years	South Pool
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
20:00:00	22:00:00	Live music with FrankaSunshine on sax & vocals	Square

Activity Programme



Friday 04/04/2025

*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
08:15:00	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	The Lawn
09:00:00	09:50:00	TRX (all levels)	TRX area/ Stadium
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	10:00:00	Introduction to road cycling	Bike Centre
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	09:45:00	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)
09:30:00	13:30:00	*Surf School	North Reception
09:45:00	10:15:00	Bus transfer to the Airport (Billund)	North Reception
10:00:00	10:50:00	Golf - How to hit your woods	TrackMan Studio
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	10:45:00	Information tour in English	Sports Booking
10:00:00	11:30:00	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	Tennis instruction Intermediate	Tennis Court 2
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	11:50:00	Circuit Fusion	Functional Zone
11:00:00	11:50:00	Golf - Speed training	TrackMan Studio
11:00:00	12:00:00	Play Time Kids Club 3-10 years	Play Time
11:00:00	11:40:00	Aqua jogging	South Pool
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
11:10:00	11:55:00	LIIT	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
14:00:00	15:30:00	Golf - Calibrate your irons	TrackMan Studio
14:00:00	15:00:00	Windsurf Instruction Refresher	Watersports Centre
15:00:00	16:30:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
15:10:00	16:00:00	Fitball	Volcano
15:15:00	15:45:00	Fun Time: Bouncing Day, 3-10 years	The Lawn
15:15:00	15:45:00	Deep Water Aerobics	North Pool
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	19:00:00	Dive Centre open	Dive Centre
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	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
16:15:00	16:45:00	Ultimate Abs	Volcano
17:00:00	17:50:00	Functional Mobility	CrossFit area
17:00:00	17:50:00	Functional training	Functional Zone
17:00:00	18:30:00	Information tour in Danish	The Lawn
17:00:00	17:50:00	Stretch & Relax	Volcano
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	CrossFit Conditioning (all levels)	CrossFit area
18:00:00	20:00:00	Social Indoor Volley Tournament	North Hall
19:00:00	20:30:00	Crazy golf tournament (no instructor)	Mini golf Area

Activity Programme



Saturday 05/04/2025

*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
08:00:00	10:00:00	Activity in Danish only: Power & Mindful vandretur - Stimuler sind og muskler	Sports Booking
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	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	09:45:00	Circuit training for seniors	The Lawn
09:00:00	09:50:00	TRX (all levels)	TRX area/ 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	12:00:00	Volcano Walk	Sports Booking
09:00:00	09:45:00	Tennis Instruction Beginners 10-15 year	Tennis Court 2
09:00:00	09:50:00	Barefoot Fitness	Volcano
09:00:00	09:50:00	Football School 5-10 years	Stadium
09:00:00	09:50:00	Ballroom Fitness™ w/ Swingtime	Laguna
09:15:00	09:55:00	SUP Intermediate	Watersports Centre
09:15:00	09:45:00	Toddlers Water Experience, 12-35 months	Wellness Centre entrance
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	10:50:00	HYROX WOD	Functional Zone
10:00:00	10:50:00	CrossFit (only for experienced)	CrossFit area
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	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
10:00:00	10:50:00	Fitball	Volcano
10:00:00	10:50:00	Football School 10-15 years	Stadium
10:10:00	10:50:00	Swimming Backstroke for adults	South Pool
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	Functional training	Functional Zone
11:00:00	12:00:00	Play Time Kids Club 3-10 years	Play Time

	11:00:00	11:50:00	Young Time: Fun Battle, 10-15 years	South Hall
	11:00:00	11:45:00	Information tour in English	Sports Booking
	11:00:00	11:40:00	Basic Swim Steps, 6-10 years	South Pool
	11:00:00	11:50:00	Padel Intermediate - Level 3.0-4.0	Padel Court 4
	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. 20 years	Tennis Court 1
	11:00:00	11:50:00	Aerobics, all levels	5-a-side
	11:10:00	11:55:00	SUP Fitness	Watersports Centre
	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
	13:00:00	15:00:00	*Scuba Pool Dive for beginners (adults and kids +8 years)	Dive Centre
	14:00:00	15:00:00	Windsurf Instruction Intermediate	Watersports Centre
	14:00:00	14:25:00	Swimming: Learn Backstroke, 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	15:00:00	Fun Time: Treasure Hunt, 3-5 years	Play Time
	14:15:00	15:00:00	Basic gymnastic, 6-10 years	South Hall
	14:15:00	14:45:00	Deep water aqua with guest instructor	North Pool
	14:30:00	14:55:00	Swimming: Learn Backstroke, 10-15 years	South Pool
	15:00:00	15:40:00	Introduction to Fitness Centre - Strength machines	Fitness Centre
	15:00:00	15:45:00	Swimming: Introduction to Front Crawl	South Pool
	15:00:00	15:50:00	Table Tennis Instruction, beginners, min. 15 years	North Hall
	15:00:00	15:55:00	BODYPUMP™	Volcano
	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	15:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
	15:15:00	15:45:00	Trampoline Fitness - Silent Fit, min 10 years	The Lawn
	15:15:00	16:00:00	Intro to Aerial Fitness	Dance Studio
	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	16:50:00	Kettlebell training, all levels	Functional Zone
	16:00:00	16:45:00	2 Generation TRX, min. 10 years	TRX area/ Stadium
	16:00:00	16:50:00	CrossFit Conditioning (all levels)	CrossFit area
	16:00:00	17:30:00	Hill Reps - Road Bike	Bike Centre
	16:00:00	18:00:00	*Horseback Riding	North Reception
	16:00:00	16:40:00	Kayak instruction, 10-15 years	Watersports Centre
	16:00:00	16:25:00	Introduction to the TrackMan Studio	TrackMan Studio
	16:00:00	17:00:00	Table Tennis Tournament	North Hall
	16:00:00	16:40:00	Tennis Fitness	Tennis Court 1

16:05:00	16:50:00	Gymnastic for parent-child 0-3 years	South Hall
16:05:00	17:00:00	BODYBALANCE™	Volcano
16:15:00	17:00:00	Fun Time: Treasure Hunt, 8-10 years	Play Time
16:15:00	17:00:00	Senior Training - Full body workout	The Lawn
16:15:00	16:45:00	Aerial Relaxation	Dance Studio
16:30:00	16:55:00	Introduction to the TrackMan Studio	TrackMan Studio
17:00:00	17:50:00	Introduction to HYROX	Functional Zone
17:00:00	18:00:00	Golf Putting Competition	Golf Area
17:00:00	17:45:00	Gymnastic for parent-child 3-5 years	South Hall
17:00:00	18:00:00	Activity in Danish only: Mindful Meditation – Guided afspænding	Dance Studio
17:05:00	17:55:00	Stretch & Relax	Volcano
17:15:00	19:00:00	Green Team hosted 5 & 10k Race	Stadium
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	18:00:00	Lifeguard Bootcamp, 10-15 years	Watersports Centre
17:15:00	18:45:00	Swim Squad, min. 10 years	South Pool
18:05:00	18:55:00	Step Beginners	Volcano
20:00:00	21:00:00	Club La Santa Quiz night with FrankaSunshine	Square

Activity Programme



Sunday 06/04/2025

*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	14:00:00	*Scuba Safari Qualified Divers	Dive Centre
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	08:50:00	Open Water Morning Swim	Watersports Centre
08:00:00	08:30:00	Breathe better - live better	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	09:15:00	Body Bike Power - Silent Fit	Body Bike Area
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	11:00:00	*Scuba Pool Dive for beginners (adults and kids +8 years)	Dive Centre
09:00:00	09:45:00	Circuit training for seniors	The Lawn
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	10:00:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	11:45:00	35-45 km women road bike tour 22-24 km/h avg. speed	Bike Centre
09:00:00	13:00:00	*Teguse Market	North Reception
09:00:00	09:40:00	Introduction to bouldering, min. 15 years	Bouldering Room
09:00:00	10:30:00	Football Tournament 5-10 years	5-a-side
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	09:45:00	Mobility, all levels	Volcano
09:15:00	09:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:15:00	10:45:00	Pilates Reformer, all levels (with socks!)	Dance Studio
09:15:00	09:35:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:30:00	13:30:00	*Surf School	North Reception
10:00:00	10:50:00	CrossFit Conditioning (all levels)	CrossFit area
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	12:00:00	Badminton Social Tournament, min. 20 years	North Hall
10:00:00	10:45:00	BODYATTACK™	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
	10:30:00	12:00:00	Football Tournament 10-15 years	5-a-side
	11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
	11:00:00	11:50:00	Functional training	Functional Zone
	11:00:00	11:50:00	Introduction to CrossFit	CrossFit area
	11:00:00	12:00:00	Play Time Kids Club 3-10 years	Play Time
	11:00:00	11:45:00	Information tour in English	Sports Booking
	11:00:00	11:45:00	Swimming Beginners Front Crawl	South Pool
	11:00:00	11:45:00	Dance, 6-10 years	The Lawn
	11:00:00	11:50:00	Introduction to Pickleball	Tennis Court 8
	11:00:00	11:50:00	Tennis Advanced	Tennis Court 2
	11:00:00	11:50:00	Body toning	Volcano
	11:00:00	12:00:00	Aerial Fitness	Dance Studio
	11:00:00	11:50:00	Can't stop the feeling w/Swingtime	Laguna
	11:15:00	12:45:00	Wingfoil, beginners	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	13:00:00	Padel Tournament, 10-15 years	Padel Court 4
	12:00:00	13:00:00	Pickleball Tournament	Tennis Court 8
	12:05:00	12:55:00	Tennis instruction Beginner 2	Tennis Court 2
	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
	14:00:00	14:45:00	Functional swim workout	North Pool
	14:00:00	15:00:00	Windsurf Instruction Refresher	Watersports Centre
	14:00:00	14:25:00	Swimming: Learn Front Crawl, 6-10 years	South Pool
	14:00:00	15:50:00	Egg Throwing and Bolas Tournament	Beach Volley Court
	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	16:00:00	Tennis Women's Only Doubles	Tennis Court 1
	14:15:00	15:00:00	Toddlers Time 0-3 years	South Hall
	14:15:00	14:45:00	Hula Hoop, min. 10 years	Laguna
	14:15:00	14:45:00	Deep water aqua with guest instructor	North Pool
	14:30:00	14:55:00	Swimming: Learn Front Crawl, 10-15 years	South Pool
	15:00:00	15:50:00	Golf Instruction Beginners	Golf Area
	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	15:50:00	Fascial Training	Volcano
16:00:00	17:00:00	Social Petanque (no instructor)	Pétanque 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	17:30:00	Mountain Bike Tour Beginners	Bike Centre
16:00:00	17:30:00	Spikeball, min. 15 years	Beach Volley Court
16:00:00	16:25:00	Introduction to the TrackMan Studio	TrackMan Studio
16:00:00	16:55:00	Padel: Beat The Green Team (Advanced) - Level 3.5-5.0	Padel Court 4
16:00:00	16:45:00	Tennis Instruction Intermediate 10-15 years	Tennis Court 2
16:00:00	16:50:00	Step Intermediate	Volcano
16:05:00	16:55:00	Introduction to Powerlifting	Fitness Centre
16:15:00	17:45:00	Beat the Green Team - Family edition	5-a-side
16:15:00	17:00:00	Young Time: Surf & Beach day, 10-15 years	Watersports Centre
16:30:00	16:55:00	Introduction to the TrackMan Studio	TrackMan Studio
17:00:00	17:50:00	Circuit Fusion	Functional Zone
17:00:00	17:50:00	Golf – Chipping	Golf Area
17:00:00	18:15:00	Off-road Run 12km (5.30 min/km)	La Rambla
17:00:00	19:00:00	Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0	Padel Court 1
17:00:00	18:00:00	Pickleball Tournament	Tennis Court 8
17:00:00	17:50:00	Stretch & Relax	Volcano
17:00:00	18:00:00	Activity in Danish only: Mindful Meditation – Guided afspænding	Dance Studio
17:10:00	18:00:00	TRX (all levels)	TRX area/ Stadium
17:15:00	18:45:00	Swim Squad, min. 10 years	South Pool
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)	
18:00:00	18:30:00	Ultimate Legs & Glutes	Volcano
19:00:00	20:00:00	*Saunagus "Relax", w/ Bjarne, min 18 years	Wellness Centre entrance
20:30:00	22:00:00	Live Music with Craig Andrews	Square

Activity Programme



Monday 07/04/2025

*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
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	08:15:00	Morning Gymnastics	Leisure Pool
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 Teguse	North Reception
08:00:00	08:30:00	Morning meditation	Dance Studio
08:00:00	10:00:00	Activity in Danish only: Power & Mindful vandretur - Stimuler sind og muskler	Sports Booking
08:00:00	08:20:00	*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
08:30:00	08:50:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	09:50:00	TRX (all levels)	TRX area/ Stadium
09:00:00	09:50:00	CrossFit (only for experienced)	CrossFit area
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	13:30:00	*Fire Mountains	North Reception
09:00:00	09:45:00	Padel Beginners 10-15 years	Padel Court 4
09:00:00	09:50:00	Tennis Serve Beginners	Tennis Court 2
09:00:00	09:50:00	Fitball	Volcano
09:00:00	09:50:00	Football School 5-10 years	5-a-side
09:00:00	09:20:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
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
09:30:00	13:30:00	*Surf School	North Reception
09:30:00	14:00:00	*Volcano Walk - Fire Route	North Reception
10:00:00	10:50:00	Functional training	Functional Zone
10:00:00	10:50:00	TRX (only for experienced)	TRX area/ Stadium
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	10:45:00	Running School	Stadium
10:00:00	11:30:00	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	Fitness Handball, min 15 years	South Hall

10:00:00	10:45:00	Two Generations Padel Instruction	Padel Court 4
10:00:00	10:50:00	Tennis Serve Advanced	Tennis Court 2
10:00:00	10:50:00	Introduction to Pickleball, 10-15 years	Tennis Court 8
10:00:00	10:55:00	BODYBALANCE™	Volcano
10:00:00	10:50:00	Football School 10-15 years	5-a-side
10:10:00	11:00:00	Introduction to CrossFit	CrossFit area
10:10:00	10:50:00	Swimming Tumble Turns	South Pool
10:15:00	11:30:00	Fitness Reformer (with socks!)	Dance Studio
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	11:40:00	Teens Circuit Fitness, 10-15 years	Functional Zone
11:00:00	11:45:00	Golf, 7-12 years	Golf Area
11:00:00	12:00:00	Play Time Kids Club 3-10 years	Play Time
11:00:00	11:45:00	Information tour in English	Sports Booking
11:00:00	11:45:00	Track Session	Stadium
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	Family Fitness Handball, min. 10 years	South Hall
11:00:00	13:00:00	Squash Tournament Intermediate	Squash Court 1
11:00:00	13:00:00	Racketball tournament, all levels	Squash Court 1
11:05:00	11:55:00	CrossFit Conditioning (all levels)	CrossFit area
11:05:00	12:00:00	BODYPUMP™	Volcano
11:05:00	12:00:00	Yoga Flow	The Lawn
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	12:50:00	Introduction to HYROX	Functional Zone
12:00:00	12:45:00	Golf, 13-17 years	Golf Area
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
13:10:00	14:10:00	NutriBalance: Sports Nutrition Talk – Fuelling Your Performance w/ Emma Gibbins	North Conference Centre
13:30:00	14:00:00	Aerial Relaxation	Dance Studio
14:00:00	16:00:00	Workshop for women: All about Menopause w/Sally Walker	North Conference Centre
14:00:00	15:00:00	Windsurf Instruction Intermediate	Watersports Centre
14:15:00	15:45:00	Kids vs Parents, min. 6 years	5-a-side
14:15:00	15:00:00	Teens Aerial, 10-15 years	Dance Studio
14:30:00	16:30:00	Spa and NutriBalance	Wellness Centre entrance
15:00:00	17:45:00	50-60 km road bike tour, 24-26 km/h avg. speed	Bike Centre
15:00:00	15:45:00	Stand Up Paddle 10-15 years	Watersports Centre

15:00:00	15:30:00	Green Team hosted Family Aquathlon	North Pool
15:15:00	15:55:00	Introduction to Fitness Centre - Strength machines	Fitness Centre
15:15:00	15:45:00	Ultimate Abs	Volcano
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	16:50:00	Circuit Fusion	Functional Zone
16:00:00	16:30:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
16:00:00	16:50:00	Padel Advanced– Level 4.0-5.0	Padel Court 4
16:00:00	16:55:00	Tennis: Beat the Green Team (advanced)	Tennis Court 1
16:00:00	16:50:00	Dance	5-a-side
16:05:00	16:55:00	Introduction to Olympic Weightlifting	Fitness Centre
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
16:15:00	16:45:00	Aqua Party	Leisure Pool
16:30:00	17:30:00	Body Bike Power - Silent Fit	Body Bike Area
17:00:00	17:50:00	HYROX WOD	Functional Zone
17:00:00	17:50:00	Functional Mobility	CrossFit area
17:00:00	17:50:00	Golf Instruction Beginners	Golf Area
17:00:00	17:40:00	Introduction to bouldering, 10-15 years	Bouldering Room
17:00:00	17:50:00	Green Team hosted Aquathlon	North Pool
17:00:00	17:50:00	Padel Serve – Intermediate – Level 3.0-4.0	Padel Court 4
17:00:00	19:00:00	Doubles Badminton Tournament (no instructor)	North Hall
17:00:00	19:00:00	Tennis Men's Only Doubles	Tennis Court 1
17:00:00	17:50:00	Stretch & Relax	5-a-side
17:00:00	18:00:00	Activity in Danish only: Mindful Meditation – Guided afspænding	Dance Studio
18:00:00	19:00:00	Time Share Owner's meeting	Members Lounge
20:00:00	21:00:00	Green Team Show	Square
21:30:00	22:20:00	Swingtime Disco Dasco	Discotheque CLS Arena

Activity Programme



Tuesday 08/04/2025

*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
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	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	11:30:00	Green Team hosted Half Marathon, 14k and 7k	Stadium
09:00:00	09:50:00	Introduction to CrossFit	CrossFit area
09:00:00	09:50:00	HYROX WOD	Functional Zone
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	11:45:00	40 km road tour, 22-24 km/h avg. speed	Bike Centre
09:00:00	09:40:00	Introduction to bouldering, min. 15 years	Bouldering Room
09:00:00	09:50:00	Badminton Instruction Beginners	North Hall
09:00:00	09:40:00	Tennis Fitness	Tennis Court 1
09:00:00	09:50:00	Fascial Training	5-a-side
09:10:00	09:30:00	*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
09:40:00	10:00:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
10:00:00	10:45:00	2 Generation TRX, min. 10 years	TRX area/ Stadium
10:00:00	10:50:00	CrossFit Conditioning (all levels)	CrossFit area
10:00:00	10:50:00	Golf – Chipping	Golf Area
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	Padel Instruction Intermediate 10-15 years	Padel Court 4
10:00:00	10:50:00	Badminton Instruction Intermediate	North Hall
10:00:00	12:00:00	Tennis Social Tournament, min. 20 years	Tennis Court 1
10:00:00	10:50:00	Step Beginners	5-a-side
10:00:00	11:00:00	Fun Time: Bike Skillz Squad 3-5 years	Bike Centre
10:10:00	10:30:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
10:15:00	10:45:00	Introduction to Slackline	Watersports Centre
10:15:00	10:45:00	Introduction to Dryland Swimming Session	Functional Zone

	11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
	11:00:00	11:50:00	Kettlebell training, all levels	Functional Zone
	11:00:00	11:50:00	CrossFit Team WOD (only for experienced)	CrossFit area
	11:00:00	12:00:00	Golf Chipping and Putting Challenge	Golf Area
	11:00:00	12:00:00	Play Time Kids Club 3-10 years	Play Time
	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	BODYCOMBAT™	5-a-side
	11:00:00	12:00:00	Fun Time: Bike Skillz Squad 6-8 years	Bike Centre
	11:10:00	11:55:00	SUP Fitness	Watersports Centre
	11:15:00	11:55:00	Aqua jogging	South Pool
	11:30:00	13:00:00	Windsurf Instruction Beginners	Watersports Centre
	12:00:00	12:50:00	Padel Advanced– Level 4.0-5.0	Padel Court 4
	12:00:00	12:45:00	Badminton Instruction Beginners 10-15 years	North Hall
	12:00:00	12:50:00	Pilates, all levels	5-a-side
	12:00:00	12:50:00	Jerusalem Dance w/ Swingtime	Volcano
	12:15:00	12:45:00	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
	13:15:00	14:00:00	Toddlers Time 0-3 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	14:50:00	Golf - "Closest to the pin"	TrackMan Studio
	14:00:00	14:45:00	Toddlers Time 0-3 years	South Hall
	14:00:00	15:00:00	Windsurf Instruction Intermediate	Watersports Centre
	14:00:00	14:25:00	Swimming: Learn Front Crawl, 6-10 years	South Pool
	14:00:00	15:30:00	Padel tournament, beginners/intermediate - Level 1.0-3.0	Padel Court 4
	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
	14:00:00	16:00:00	Spa and NutriBalance	Wellness Centre entrance
	14:15:00	14:45:00	Deep Water Aerobics	North Pool
	14:30:00	14:55:00	Swimming: Learn Front Crawl, 10-15 years	South Pool
	15:00:00	15:45:00	Functional swim workout	North Pool
	15:00:00	15:50:00	Golf Instruction Beginners	Golf Area
	15:00:00	17:45:00	Mountain Bike Tour Intermediate	Bike Centre
	15:00:00	16:30:00	Wingfoil, beginners	Watersports Centre
	15:00:00	15:50:00	Beach volleyball, 10-15 years	Beach Volley Court
	15:00:00	17:00:00	Badminton Tournament Beginners	North Hall

15:00:00	17:00:00	Badminton Tournament Advanced	North Hall
15:00:00	15:50:00	Tennis instruction Intermediate	Tennis Court 2
15:15:00	15:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
15:15:00	16:00:00	Basic gymnastic, 6-10 years	South Hall
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	17:00:00	Padel tournament, intermediate/advanced - Level 3.0-5.0	Padel Court 4
15:30:00	16:00:00	Ultimate Abs	Volcano
16:00:00	17:00:00	Social Petanque (no instructor)	Pétanque Court
16:00:00	16:50:00	Circuit Fusion	Functional Zone
16:00:00	16:40:00	SUP Intermediate	Watersports Centre
16:00:00	17:30:00	Football Tournament 5-10 years	5-a-side
16:00:00	18:00:00	Tennis Tournament Intermediate	Tennis Court 1
16:00:00	16:45:00	NutriBalance: Starter Nutrition Package	NutriBalance Office (Square)
16:05:00	16:50:00	Basic gymnastic, 10-15 years	South Hall
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	HIIT	Volcano
16:30:00	17:25:00	Body Bike Base Camp (beginners) - Silent Fit	Body Bike Area
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	Stretch & Relax	Volcano
17:00:00	18:00:00	Activity in Danish only: Mindful Meditation – Guided afspænding	Dance Studio
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	18:45:00	Swimming Open Water Skills in the lagoon	Watersports Centre
18:00:00	18:50:00	Body toning	Volcano
18:30:00	21:00:00	DJ Lounge	Restaurant El Lago
20:00:00	21:30:00	Game on!	Square

Activity Programme



Wednesday 09/04/2025

*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
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	08:15:00	Morning Gymnastics	Leisure Pool
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
08:00:00	10:00:00	Activity in Danish only: Power & Mindful vandretur - Stimuler sind og muskler	Sports Booking
08:00:00	08:20:00	*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
08:15:00	09:10:00	Morningrun Offroad 8km (5min./km or 5:45min/km)	La Rambla
08:30:00	08:50:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	09:50:00	Introduction to CrossFit	CrossFit area
09:00:00	09:50:00	HYROX WOD	Functional Zone
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	16:00:00	*Catamaran Sailing	North Reception
09:00:00	09:45:00	Padel Beginners 10-15 years	Padel Court 4
09:00:00	10:30:00	Badminton Tournament Intermediate	North Hall
09:00:00	09:55:00	BODYBALANCE™	5-a-side
09:00:00	09:50:00	Football School 5-10 years	Stadium
09:00:00	09:20:00	*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	Wellness Senior+60	Wellness Centre entrance
10:00:00	10:50:00	Functional Team Workout	Functional Zone
10:00:00	10:50:00	CrossFit (only for experienced)	CrossFit area
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	12:00:00	Beach Volley Tournament	Beach Volley Court
10:00:00	10:45:00	Padel Beginners 6-10 years	Padel Court 4

	10:00:00	10:50:00	Tennis Instruction for Seniors	Tennis Court 2
	10:00:00	10:55:00	Yoga Flow	The Lawn
	10:00:00	10:50:00	Football School 10-15 years	Stadium
	10:00:00	11:15:00	Club La Santa behind the scenes tour	South Conference Centre
	10:05:00	11:00:00	BODYPUMP™	5-a-side
	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	Individual rehearsal, min. 5 years – Children and Guest show	Square
	11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
	11:00:00	12:00:00	Play Time Kids Club 3-10 years	Play Time
	11:00:00	11:50:00	Padel Advanced– Level 4.0-5.0	Padel Court 4
	11:00:00	11:50:00	Tennis Doubles Tactics	Tennis Court 2
	11:00:00	11:50:00	100% Dirty Dancing w/Swingtime	Volcano
	11:10:00	11:50:00	Swimming Breaststroke for adults	South Pool
	11:10:00	11:55:00	LIIT	5-a-side
	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
	11:30:00	12:30:00	Aerial Fitness	Dance Studio
	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
	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	14:15:00	NutriBalance: Busting Nutritional Myths Talk w/ Emma Gibbins	North Conference Centre
	13:00:00	13:50:00	Watsu®	Wellness Centre entrance
	13:15:00	13:45:00	Aerial Relaxation	Dance Studio
	14:00:00	14:45:00	2 Generation Functional training, min. 10 years	Functional Zone
	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	Beauty Workshop "Facials"	Wellness Centre entrance
	14:30:00	14:55:00	Swimming: Learn Breaststroke, 10-15 years	South Pool
	15:00:00	16:00:00	Introduction to MTB	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	15:50:00	Introduction to Beach Tennis	Beach Volley Court
	15:15:00	15:45:00	Fun Time: Rehearsal for Children & Guest show, 3-14 years	Square
	15:15:00	15:55:00	Introduction to Fitness Centre - Strength machines	Fitness Centre

15:15:00	15:55:00	Introduction to bouldering, 10-15 years	Bouldering Room
15:15:00	15:45:00	Ultimate Abs	Volcano
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	16:50:00	Circuit Fusion	Functional Zone
16:00:00	16:50:00	TRX (all levels)	TRX area/ Stadium
16:00:00	16:50:00	CrossFit Conditioning (all levels)	CrossFit area
16:00:00	17:30:00	Mountain Bike Tour Beginners	Bike Centre
16:00:00	17:00:00	Windsurf Race Advanced	Watersports Centre
16:00:00	18:00:00	Tennis Tournament Beginners	Tennis Court 1
16:00:00	18:00:00	Social Beach Tennis Tournament, min. 20 years	Beach Volley Court
16:00:00	16:50:00	Barefoot Fitness	Volcano
16:15:00	17:45:00	Jungle run for families	La Rambla
16:15:00	16:55:00	HIIT Swimming, min. 15 years	South Pool
16:15:00	17:00:00	Senior Training - Full body workout	The Lawn
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	TRX (only for experienced)	TRX area/ Stadium
17:00:00	17:50:00	Introduction to HYROX	Functional Zone
17:00:00	17:50:00	Stretch & Relax	Volcano
17:15:00	18:00:00	Lifeguard Bootcamp, 10-15 years	Watersports Centre
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	18:45:00	BODYATTACK™	Volcano
19:00:00	19:45:00	Children & Guest Show	Square
19:00:00	20:00:00	*Saunagus "Relax", w/ Jordi, min 18 years	Wellness Centre entrance
22:00:00	23:59:00	Karaoke for everyone	Discotheque CLS Arena

Activity Programme



Thursday 10/04/2025

*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	09:45:00	Green 3k walk	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
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	10:45:00	HYROX Endurance	Functional Zone
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	11:45:00	40 km road tour, 22-24 km/h avg. speed	Bike Centre
09:00:00	09:50:00	Padel Beginners– Level 1.0-3.0	Padel Court 4
09:00:00	09:50:00	Badminton Doubles Tactics (Intermediate/Advanced)	North Hall
09:00:00	09:45:00	Tennis Instruction Beginners 10-15 year	Tennis Court 2
09:00:00	09:45:00	Mobility, all levels	Volcano
09:00:00	09:20:00	*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	09:50:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:30:00	11:15:00	Spa Recovery Wellness	Wellness Centre entrance
10:00:00	10:50:00	Golf – Putting	Golf Area
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	Padel Intermediate - Level 3.0-4.0	Padel Court 4
10:00:00	10:45:00	Badminton Instruction Beginners 10-15 years	North Hall
10:00:00	11:00:00	Table Tennis Tournament	North Hall
10:00:00	10:45:00	Two Generations Tennis Instruction	Tennis Court 2
10:00:00	10:50:00	Step Intermediate	Volcano
10:00:00	10:20:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
10:00:00	10:50:00	CrossFit Weightlifting	CrossFit area
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court

11:00:00	11:40:00	CrossFit, 10-15 years	CrossFit area
11:00:00	12:00:00	Golf Putting Competition	Golf Area
11:00:00	12:00:00	Play Time Kids Club 3-10 years	Play Time
11:00:00	11:45:00	Swimming Beginners Front Crawl	South Pool
11:00:00	11:45:00	Dance, 6-10 years	The Lawn
11:00:00	11:45:00	Badminton Instruction Beginners 6-10 years	North Hall
11:00:00	12:00:00	Table Tennis Tournament, 10-15 years	North Hall
11:00:00	13:00:00	Tennis Tournament Advanced	Tennis Court 1
11:00:00	11:50:00	Pilates, all levels	5-a-side
11:00:00	11:50:00	100% Grease w/ Swingtime	Laguna
11:05:00	11:55:00	Introduction to Olympic Weightlifting	Fitness Centre
11:05:00	11:55:00	Fitball	Volcano
11:15:00	12:00:00	Intro to Aerial Fitness	Dance Studio
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
12:15:00	13:00:00	Teens Aerial, 10-15 years	Dance Studio
12:15:00	12:45:00	Hula Hoop, min. 10 years	Volcano
13:00:00	13:50:00	Golf - How to hit your woods	TrackMan Studio
13:00:00	13:50:00	Watsu®	Wellness Centre entrance
13:00:00	13:50:00	Watsu®	Wellness Centre entrance
13:30:00	15:30:00	Spa and NutriBalance	Wellness Centre entrance
14:00:00	14:50:00	Golf - Speed training	TrackMan Studio
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	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
14:00:00	14:50:00	Beauty Workshop "Facials"	Wellness Centre entrance
14:15:00	14:45:00	Deep Water Aerobics	North Pool
14:15:00	15:00:00	NutriBalance: Starter Nutrition Package	NutriBalance Office (Square)
14:30:00	14:55:00	Flip´n´Fun, 10-15 years	South Pool
15:00:00	15:50:00	Golf: Longest Drive - only for golf players	TrackMan Studio
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, beginners	Watersports Centre
15:00:00	17:00:00	Social Football min. 15 years	5-a-side
15:00:00	15:30:00	Breathe better - live better	Dance Studio
15:15:00	16:00:00	Fun Time: Family Ball Games, 3-5 years	South Hall
15:15:00	15:55:00	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
16:00:00	17:00:00	Social Petanque (no instructor)	Pétanque Court
16:00:00	16:50:00	CrossFit Conditioning (all levels)	CrossFit area
16:00:00	16:50:00	Functional training	Functional Zone
16:00:00	16:45:00	TRX for Seniors	TRX area/ Stadium
16:00:00	16:50:00	Young Time: Fitness & Tennis, 10-15 years	Tennis Court 1
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	Ultimate Legs & Glutes	Volcano
17:00:00	17:50:00	TRX (all levels)	TRX area/ Stadium
17:00:00	17:50:00	Introduction to HYROX	Functional Zone
17:00:00	17:50:00	Young Time: Ball Games, 10-15 years	South Hall
17:00:00	17:55:00	Badminton: Beat the Green Team (advanced)	North Hall
17:00:00	17:50:00	Introduction to Pickleball	Tennis Court 8
17:00:00	17:50:00	Stretch & Relax	Volcano
17:05:00	17:55:00	Introduction to Powerlifting	Fitness 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	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
20:00:00	22:00:00	Live music with FrankaSunshine on sax & vocals	Square

Activity Programme



Friday 11/04/2025

*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	08:20:00	*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	09:45:00	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	09:45:00	Circuit training for seniors	The Lawn
09:00:00	09:50:00	TRX (all levels)	TRX area/ 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	09:50:00	Padel Beginners– Level 1.0-3.0	Padel Court 4
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	09:20:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
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	09:45:00	Toddlers Water Experience, 12-35 months	Wellness Centre entrance
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	20-25 km road bike tour, 18-20 km/h avg. speed	Bike Centre
10:00:00	10:45:00	Information tour in English	Sports Booking
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	Tennis instruction Intermediate	Tennis Court 2
10:00:00	10:45:00	NutriBalance: Starter Nutrition Package	NutriBalance Office (Square)
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	11:50:00	Circuit Fusion	Functional Zone
11:00:00	12:00:00	Play Time Kids Club 3-10 years	Play Time
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
11:10:00	11:55:00	LIIT	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
12:15:00	13:00:00	Intro to Aerial Fitness	Dance Studio
13:00:00	13:50:00	Watsu®	Wellness Centre entrance
14:00:00	15:00:00	Windsurf Instruction Refresher	Watersports Centre
14:00:00	15:30:00	Golf - Calibrate your irons	TrackMan Studio
15:00:00	15:50:00	Fun Time: Easter 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	Fitball	Volcano
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	19:00:00	Dive Centre open	Dive Centre
16:00:00	17:00:00	Social Petanque (no instructor)	Pétanque Court
16:00:00	16:50:00	Fun Time: Easter Creative Day, 6-10 years	Play Time
16:00:00	17:30:00	Mountain Bike Tour Beginners	Bike Centre
16:00:00	18:00:00	Family Mini-Tennis Tournament, min. 6 years	North Hall
16:15:00	16:45:00	Ultimate Abs	Volcano
17:00:00	17:50:00	Functional Mobility	CrossFit area
17:00:00	17:50:00	Functional training	Functional Zone
17:00:00	18:30:00	Information tour in Danish	The Lawn
17:00:00	17:50:00	Stretch & Relax	Volcano
17:00:00	18:00:00	Activity in Danish only: Mindful Meditation – Guided afspænding	Dance Studio
17:30:00	18:30:00	Body Bike Power - Silent Fit	Body Bike Area
18:00:00	20:00:00	Social Indoor Volley Tournament	North Hall
18:10:00	19:00:00	CrossFit Conditioning (all levels)	CrossFit area
19:00:00	20:30:00	Crazy golf tournament (no instructor)	Mini golf Area