

# Activity Programme



Thursday 09/07/2026

\*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	09:15:00	Body Bike Power - Silent Fit	Body Bike Area
08:15:00	09:30:00	Fitness Reformer (with socks!)	Dance Studio
08:30:00	08:50:00	*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
08:55:00	09:15:00	*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	11:45:00	50-60 km road bike tour, 24-26 km/h avg. speed	Bike Centre
09:00:00	09:50:00	Mobility, all levels	Volcano
09:00:00	09:50:00	Golf - How to hit your woods	TrackMan Studio
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	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	09:50:00	Badminton Doubles Tactics, Advanced	North Hall
09:15:00	09:55:00	Kayak Instruction Beginners	Watersports Centre
09:20:00	09:40:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:30:00	13:30:00	*Surf School	North Reception
10:00:00	10:55:00	BODYCOMBAT™	Volcano
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	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	CrossFit Weightlifting (only for experienced)	CrossFit area
10:00:00	10:40:00	Young Time: Fitness & Tennis, 10-15 years	Tennis Court 1
10:00:00	10:45:00	Badminton Instruction Beginners 10-15 years	North Hall
10:00:00	10:50:00	Padel Intermediate - Tactics - Level 3.0-4.0	Padel Court 4
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	<b>BODYPUMP™</b>	Volcano
11:00:00	11:50:00	<b>Golf: Longest Drive - only for golf players</b>	TrackMan Studio
11:00:00	11:55:00	<b>Play Time Kids Club 3-10 years</b>	Play Time
11:00:00	11:45:00	<b>SUP Fitness</b>	Watersports Centre
11:00:00	11:50:00	<b>Introduction to CrossFit</b>	CrossFit area
11:00:00	11:50:00	<b>Functional Team Workout</b>	Functional Zone
11:00:00	12:50:00	<b>Tennis Tournament Advanced</b>	Tennis Court 1
11:00:00	11:45:00	<b>Badminton Instruction Beginners 6-10 years</b>	North Hall
11:00:00	11:50:00	<b>Table Tennis Tournament, 10-15 years</b>	North Hall
11:15:00	12:45:00	<b>Wingfoil, beginners (windsurf experience required)</b>	Watersports Centre
11:20:00	11:50:00	<b>Playful Penguins, 5-6 years</b>	Leisure Pool
11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
12:00:00	13:50:00	<b>Basketball tournament/game (no instructor)</b>	3x3 Basketball Court
12:00:00	12:30:00	<b>Playful Penguins, 3-4 years</b>	Leisure Pool
12:00:00	12:50:00	<b>Table Tennis Tournament</b>	North Hall
12:05:00	12:55:00	<b>Pilates, all levels</b>	Volcano
12:15:00	13:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
13:00:00	13:50:00	<b>Golf – Putting</b>	Golf Area
13:10:00	13:50:00	<b>Breathe better - live better</b>	Dance Studio
14:00:00	14:55:00	<b>Pelvic Floor Workshop</b>	Dance Studio
14:00:00	14:25:00	<b>Flip´n´Fun, 6-10 years</b>	South Pool
14:00:00	15:00:00	<b>Golf Putting Competition</b>	Golf Area
14:00:00	14:55:00	<b>Windsurf Instruction Advanced</b>	Watersports Centre
14:00:00	14:45:00	<b>Teens Boxing 10-15 years</b>	Functional Zone
14:00:00	14:50:00	<b>Tennis Advanced</b>	Tennis Court 2
14:15:00	14:45:00	<b>Deep Water Aerobics</b>	North Pool
14:15:00	15:00:00	<b>*NutriBalance: InBody Action Plan, min. 18 years</b>	NutriBalance Office (Square)
14:30:00	14:55:00	<b>Flip´n´Fun, 10-15 years</b>	South Pool
15:00:00	16:00:00	<b>Introduction to MTB</b>	Bike Centre
15:00:00	15:50:00	<b>Golf Functional Training</b>	Golf Area
15:00:00	15:50:00	<b>Fun Time: Street day, 3-5 years</b>	3x3 Basketball Court
15:00:00	16:50:00	<b>Social Football min. 15 years</b>	Stadium
15:00:00	15:45:00	<b>2 Generation SUP instruction, min. 6 years</b>	Watersports Centre
15:00:00	15:50:00	<b>Introduction to Powerlifting</b>	Fitness Centre
15:00:00	15:50:00	<b>Fitness Boxing</b>	Functional Zone
15:00:00	16:20:00	<b>Padel Social Tournament - all levels, min. 20 years</b>	Padel Court 4
15:00:00	15:50:00	<b>Pickleball: Beat the Green Team</b>	Tennis Court 8
15:15:00	15:55:00	<b>Aqua jogging</b>	South Pool
15:15:00	16:45:00	<b>Wingfoil, intermediate (wing experience required)</b>	Watersports Centre

15:30:00	16:00:00	<b>HIIT</b>	Volcano
15:30:00	17:00:00	<b>Hatha Yoga - Silent Fit</b>	South Conference Roof
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	17:30:00	<b>Mountain Bike Tour Beginners</b>	Bike Centre
16:00:00	16:50:00	<b>Fun Time: Street day, 6-10 years</b>	3x3 Basketball Court
16:00:00	16:45:00	<b>TRX for Seniors</b>	TRX area/ Stadium
16:00:00	16:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
16:00:00	16:50:00	<b>Badminton Instruction Beginners</b>	North Hall
16:00:00	16:45:00	<b>Two Generations Tennis Instruction</b>	Tennis Court 2
16:15:00	16:45:00	<b>Ultimate Abs</b>	Volcano
16:15:00	16:45:00	<b>Trampoline Fitness - Silent Fit, min 10 years</b>	The Lawn
16:15:00	16:45:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
16:30:00	17:50:00	<b>Two Generations Padel Tournament</b>	Padel Court 4
17:00:00	17:50:00	<b>Stretch &amp; Relax</b>	Volcano
17:00:00	17:50:00	<b>Young Time: Street day, 10-15 years</b>	3x3 Basketball Court
17:00:00	17:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
17:00:00	17:50:00	<b>Introduction to HYROX</b>	Functional Zone
17:00:00	17:50:00	<b>Pickleball Instruction Beginners</b>	Tennis Court 8
17:00:00	17:55:00	<b>Badminton: Beat the Green Team (advanced)</b>	North Hall
17:00:00	17:50:00	<b>Beach Tennis Tournament (no instructor), all levels</b>	Beach Volley Court
17:05:00	17:50:00	<b>Lifeguard Bootcamp, 10-15 years</b>	Watersports Centre
17:15:00	18:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
18:00:00	18:50:00	<b>Step Intermediate</b>	Volcano
18:15:00	19:45:00	<b>FIFA Tournament, min. 10 years</b>	Play Time
19:00:00	21:30:00	<b>DJ Lounge</b>	Restaurant El Lago
20:00:00	22:00:00	<b>Live Music at The Square</b>	Square

# Activity Programme



Friday 10/07/2026

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	09:30:00	Pilates Reformer, all levels (with socks!)	Dance Studio
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)
08:55:00	09:15:00	*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	11:45:00	40 km road bike tour, 22-24 km/h avg. speed	Bike Centre
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	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
09:10:00	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	Bus/Taxi transfer to the Airport	North Reception
09:20:00	09:40:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:30:00	13:30:00	*Surf School	North Reception
09:45:00	10:00:00	Bus transfer to the Airport (Billund)	North Reception
09:45:00	10:05:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
10:00:00	10:50:00	Pilates, all levels	5-a-side
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	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	Circuit Fusion	Functional Zone
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
10:10:00	10:30:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
10:45:00	11:30:00	Technogym Checkup, min. 18 years	NutriBalance Office

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

# Activity Programme



**Saturday 11/07/2026**

\*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	08:45:00	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	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
09:10:00	09:50:00	Swimming Backstroke for adults	South Pool
09:15:00	10:45:00	Pilates Reformer, all levels (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	10:45:00	BODYATTACK™	Volcano
10:00:00	10:40:00	Basic Swim Steps, 6-10 years	South Pool
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	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	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
10:15:00	12:15:00	Walk the talk (social walk)	South Conference Centre
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	Fitball	Volcano
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	11:50:00	Functional training	Functional Zone
11:00:00	11:50:00	Padel Intermediate 2 - Level 3.0-4.0	Padel Court 4

11:15:00	12:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
11:15:00	11:45:00	<b>Toddlers Water Experience, 12-35 months</b>	Children Pool
11:30:00	13:00:00	<b>Windsurf Instruction Beg. 10-15 years</b>	Watersports Centre
12:00:00	13:50:00	<b>Tennis Social Tournament, min. 15 years</b>	Tennis Court 1
12:15:00	12:45:00	<b>Aerial Relaxation</b>	Dance Studio
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners (adults and kids +8 years)</b>	Dive Centre
14:00:00	14:25:00	<b>Flip'n'Fun, 6-10 years</b>	South Pool
14:00:00	15:30:00	<b>Wingfoil, beginners (windsurf experience required)</b>	Watersports Centre
14:00:00	15:20:00	<b>Padel Social Tournament - all levels, min. 20 years</b>	Padel Court 4
14:15:00	14:45:00	<b>Deep Water Aerobics</b>	North Pool
14:15:00	15:00:00	<b>Fun Time: Treasure Hunt, 6-8 years</b>	Play Time
14:15:00	15:00:00	<b>Basic gymnastic, 6-10 years</b>	South Hall
14:15:00	14:55:00	<b>Kayak instruction, 10-15 years</b>	Watersports Centre
14:15:00	14:55:00	<b>Introduction to Fitness Centre - Strength machines</b>	Fitness Centre
14:30:00	14:55:00	<b>Flip'n'Fun, 10-15 years</b>	South Pool
15:00:00	16:00:00	<b>Introduction to road cycling</b>	Bike Centre
15:00:00	15:45:00	<b>Swimming: Introduction to Front Crawl</b>	South Pool
15:00:00	15:55:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
15:00:00	15:50:00	<b>Introduction to Olympic Weightlifting</b>	Fitness Centre
15:00:00	15:50:00	<b>Table Tennis Instruction, beginners, min. 15 years</b>	North Hall
15:05:00	15:50:00	<b>Basic gymnastic, 10-15 years</b>	South Hall
15:15:00	16:00:00	<b>LIIT</b>	Volcano
15:15:00	16:00:00	<b>Fun Time: Treasure Hunt, 6-8 years</b>	Play Time
15:30:00	16:50:00	<b>Padel Social Tournament - all levels, min. 15 years</b>	Padel Court 4
15:45:00	16:10:00	<b>Introduction to Yoga Sun Salutations - Silent Fit</b>	South Conference Roof
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	18:00:00	<b>*Horseback Riding</b>	North Reception
16:00:00	17:30:00	<b>20-25 km road bike tour, 18-20 km/h avg. speed</b>	Bike Centre
16:00:00	16:40:00	<b>SUP Intermediate</b>	Watersports Centre
16:00:00	16:50:00	<b>HYROX WOD</b>	Functional Zone
16:00:00	16:50:00	<b>Table Tennis Tournament</b>	North Hall
16:00:00	16:50:00	<b>Ballroom Fitness™ with guest instructor</b>	Laguna
16:05:00	16:50:00	<b>Gymnastic for parent-child 0-3 years</b>	South Hall
16:15:00	16:45:00	<b>Trampoline Fitness - Silent Fit, min 10 years</b>	The Lawn
16:15:00	16:45:00	<b>Ultimate Legs &amp; Glutes</b>	Volcano
16:15:00	17:00:00	<b>Fun Time: Treasure Hunt, 8-10 years</b>	Play Time
16:20:00	17:15:00	<b>Yoga Flow - Silent Fit</b>	South Conference Roof
17:00:00	17:50:00	<b>Stretch &amp; Relax</b>	Volcano
17:00:00	18:00:00	<b>Golf Putting Competition</b>	Golf Area

17:00:00	17:45:00	<b>Gymnastic for parent-child 3-5 years</b>	South Hall
17:00:00	17:45:00	<b>2 Generation TRX, min. 10 years</b>	TRX area/ Stadium
17:00:00	17:50:00	<b>Introduction to HYROX</b>	Functional Zone
17:00:00	17:50:00	<b>Pickleball Instruction Beginners</b>	Tennis Court 8
17:05:00	17:50:00	<b>Lifeguard Bootcamp, 10-15 years</b>	Watersports Centre
17:15:00	19:00:00	<b>Green Team hosted 5 &amp; 10k Race</b>	Stadium
17:15:00	18:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
17:30:00	18:20:00	<b>Pilates Beginners - Silent Fit</b>	South Conference Roof
18:00:00	18:50:00	<b>CrossFit Team WOD (only for experienced)</b>	CrossFit area
18:00:00	18:50:00	<b>Step Beginners</b>	Volcano
18:30:00	20:20:00	<b>Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0</b>	Padel Court 1
19:00:00	19:30:00	<b>Aerial Relaxation</b>	Dance Studio
19:30:00	20:30:00	<b>Green Team Bingo</b>	Square
22:00:00	23:59:00	<b>Quarter finals match of the Football World Cup. Come and watch the matches live at the Square or Sports Café.</b>	Square

# Activity Programme



Sunday 12/07/2026

\*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	08:40:00	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	10:00:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	10:20:00	Football Tournament 5-10 years	Stadium
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	09:40:00	CrossFit, 10-15 years	CrossFit area
09:00:00	10:45:00	HYROX Endurance	Functional Zone
09:00:00	09:50:00	Pickleball Instruction Beginners	Tennis Court 8
09:00:00	10:50:00	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	Badminton Instruction Beginners	North Hall
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	10:30:00	Trampoline Fitness - Silent Fit, min 10 years	The Lawn
10:00:00	10:45:00	Swimming Intermediate Front Crawl	South Pool
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	Pickleball Tournament, all levels	Tennis Court 8
10:00:00	11:50:00	Badminton Social Tournament, min. 20 years	North Hall
10:15:00	11:45:00	Wingfoil, beginners (windsurf experience required)	Watersports Centre
10:15:00	11:00:00	Padel Beginners 6-10 years	Padel Court 4
10:30:00	11:50:00	Football Tournament 10-15 years	Stadium

	11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
	11:00:00	12:00:00	<b>Aerial Fitness</b>	Dance Studio
	11:00:00	11:45:00	<b>Swimming Beginners Front Crawl</b>	South Pool
	11:00:00	11:55:00	<b>Play Time Kids Club 3-10 years</b>	Play Time
	11:00:00	11:50:00	<b>CrossFit (only for experienced)</b>	CrossFit area
	11:00:00	11:50:00	<b>Functional training</b>	Functional Zone
	11:00:00	11:50:00	<b>Pickleball Instruction Intermediate</b>	Tennis Court 8
	11:00:00	11:50:00	<b>Tennis Advanced</b>	Tennis Court 2
	11:10:00	12:00:00	<b>Step Intermediate</b>	Volcano
	11:15:00	12:00:00	<b>Padel Beginners 10-15 years</b>	Padel Court 4
	11:20:00	11:50:00	<b>Playful Penguins, 5-6 years</b>	Children Pool
	11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
	12:00:00	12:30:00	<b>Playful Penguins, 3-4 years</b>	Children Pool
	12:00:00	12:40:00	<b>2 Generation Swim</b>	South Pool
	12:00:00	12:50:00	<b>Tennis instruction Beginner 2</b>	Tennis Court 2
	12:00:00	12:50:00	<b>Padel Tournament, 10-15 years</b>	Padel Court 4
	12:15:00	12:45:00	<b>Aerial Relaxation</b>	Dance Studio
	13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners (adults and kids +8 years)</b>	Dive Centre
	13:00:00	17:00:00	<b>*Snorkel Safari Beginners (adults and kids +8 years)</b>	Dive Centre
	14:00:00	15:50:00	<b>Tennis Women's Only Doubles</b>	Tennis Court 1
	14:00:00	14:25:00	<b>Swimming: Learn Front Crawl, 6-10 years</b>	South Pool
	14:00:00	15:45:00	<b>Beach Volleyball Instruction &amp; Social Tournament, min. 15 years</b>	Beach Volley Court
	14:00:00	14:55:00	<b>Windsurf Instruction Refresher</b>	Watersports Centre
	14:00:00	14:45:00	<b>Functional swim workout</b>	North Pool
	14:00:00	15:20:00	<b>Padel Social Tournament - all levels, min. 20 years</b>	Padel Court 4
	14:00:00	14:50:00	<b>Badminton Instruction Intermediate</b>	North Hall
	14:15:00	15:00:00	<b>Toddlers Time 0-3 years</b>	South Hall
	14:15:00	14:45:00	<b>Hula Hoop, min. 6 years</b>	Laguna
	14:30:00	14:55:00	<b>Swimming: Front Crawl, 10-15 years</b>	South Pool
	15:00:00	15:45:00	<b>Toddlers Time 0-3 years</b>	South Hall
	15:00:00	16:00:00	<b>Introduction to MTB</b>	Bike Centre
	15:00:00	15:45:00	<b>Senior Training - Full body workout</b>	Dance Studio
	15:00:00	15:50:00	<b>Golf Instruction Beginners</b>	Golf Area
	15:00:00	15:55:00	<b>Surf Fun, 3-10 years</b>	Watersports Centre
	15:00:00	15:50:00	<b>Introduction to Powerlifting</b>	Fitness Centre
	15:00:00	15:50:00	<b>Fitness Boxing</b>	Functional Zone
	15:00:00	15:45:00	<b>Badminton Instruction Beginners 6-10 years</b>	North Hall
	15:10:00	15:55:00	<b>Swim technique with video</b>	South Pool
	15:15:00	15:45:00	<b>Ultimate Abs</b>	Volcano

15:15:00	15:45:00	<b>Aqua Party</b>	Leisure Pool
15:30:00	16:50:00	<b>Padel Social Tournament - all levels, min. 15 years</b>	Padel Court 4
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	17:30:00	<b>Mountain Bike Tour Beginners</b>	Bike Centre
16:00:00	16:50:00	<b>Barefoot Fitness</b>	Volcano
16:00:00	16:45:00	<b>Young Time: Surf &amp; Beach day, 10-15 years</b>	Watersports Centre
16:00:00	16:50:00	<b>Functional Team Workout</b>	Functional Zone
16:00:00	16:45:00	<b>TRX for Seniors</b>	TRX area/ Stadium
16:00:00	16:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
16:00:00	16:45:00	<b>Tennis Instruction Intermediate 10-15 years</b>	Tennis Court 2
16:00:00	16:45:00	<b>Badminton Instruction Beginners 10-15 years</b>	North Hall
16:15:00	17:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
16:15:00	17:45:00	<b>Beat the Green Team - Family edition</b>	5-a-side
16:30:00	17:45:00	<b>Fitness Reformer (with socks!)</b>	Dance Studio
17:00:00	17:50:00	<b>Stretch &amp; Relax</b>	Volcano
17:00:00	18:15:00	<b>Off-road Run 12km (5.30 min/km)</b>	La Rambla
17:00:00	17:50:00	<b>Functional Mobility</b>	CrossFit area
17:00:00	17:50:00	<b>Circuit Fusion</b>	Functional Zone
17:00:00	17:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
17:00:00	17:50:00	<b>Introduction to Pickleball, 10-15 years</b>	Tennis Court 8
17:00:00	17:55:00	<b>Padel: Beat The Green Team (Advanced) - Level 3.5-5.0</b>	Padel Court 4
17:30:00	18:25:00	<b>Body Bike Base Camp (beginners) - Silent Fit</b>	Body Bike Area
20:30:00	22:00:00	<b>Live Music with Craig Andrews</b>	Square

# Activity Programme



**Monday 13/07/2026**

\*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
08:00:00	08:50:00	Pickleball Instruction Intermediate	Tennis Court 8
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
08:35:00	08:55:00	*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	10:30:00	Pilates Reformer, all levels (with socks!)	Dance Studio
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 HYROX	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
09:10:00	09:50:00	Young Time: Fitness & Badminton, 10-15 years	North Hall
09:15:00	09:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:25:00	09:45:00	*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
09:50:00	10:35:00	Technogym Checkup, min. 18 years	NutriBalance Office (Square)
10:00:00	10:45:00	Running Technique	Stadium
10:00:00	10:55:00	BODYCOMBAT™	Volcano
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	Fitness Handball, min 15 years	South Hall

10:00:00	11:30:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
10:00:00	10:50:00	<b>CrossFit (only for experienced)</b>	CrossFit area
10:00:00	10:50:00	<b>Functional training</b>	Functional Zone
10:00:00	10:50:00	<b>TRX (only for experienced)</b>	TRX area/ Stadium
10:00:00	10:50:00	<b>Padel Intermediate 2 - Level 3.0-4.0</b>	Padel Court 4
10:00:00	10:50:00	<b>Tennis Serve Advanced</b>	Tennis Court 2
10:00:00	10:50:00	<b>Pickleball Tournament, all levels</b>	Tennis Court 8
10:00:00	10:50:00	<b>Badminton Instruction for Seniors</b>	North Hall
10:10:00	10:50:00	<b>Swimming Tumble Turns</b>	South Pool
11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
11:00:00	11:45:00	<b>Track Session</b>	Stadium
11:00:00	11:50:00	<b>Body toning</b>	Volcano
11:00:00	11:55:00	<b>Yoga Flow</b>	5-a-side
11:00:00	11:25:00	<b>Flip´n´Fun, 6-10 years</b>	South Pool
11:00:00	11:50:00	<b>Golf – Chipping</b>	Golf Area
11:00:00	11:55:00	<b>Play Time Kids Club 3-10 years</b>	Play Time
11:00:00	11:50:00	<b>Family Fitness Handball, min. 10 years</b>	South Hall
11:00:00	12:50:00	<b>Social Football min. 15 years</b>	Stadium
11:00:00	12:30:00	<b>Wingfoil, beginners (windsurf experience required)</b>	Watersports Centre
11:00:00	11:40:00	<b>Teens Circuit Fitness, 10-15 years</b>	Functional Zone
11:00:00	11:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
11:00:00	12:50:00	<b>Squash Tournament Intermediate</b>	Squash Court 1
11:00:00	12:50:00	<b>Racketball tournament, all levels</b>	Squash Court 1
11:30:00	11:55:00	<b>Flip´n´Fun, 10-15 years</b>	South Pool
11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
12:00:00	13:00:00	<b>Golf Chipping and Putting Challenge</b>	Golf Area
12:20:00	13:20:00	<b>NutriBalance: GUT HEALTH MADE SIMPLE: Understanding, Testing &amp; Improving Your Gut Microbiome w/ Emma Gibbins</b>	North Conference Centre
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners (adults and kids +8 years)</b>	Dive Centre
13:00:00	17:00:00	<b>*Scuba Beach Dive Beginners (adults and kids +8 years)</b>	Dive Centre
13:15:00	13:45:00	<b>Aerial Relaxation</b>	Dance Studio
13:15:00	13:55:00	<b>Aqua jogging</b>	South Pool
14:00:00	16:00:00	<b>Workshop for women: All about Menopause w/Sally Walker</b>	North Conference Centre
14:00:00	14:45:00	<b>Teens Aerial, 10-15 years</b>	Dance Studio
14:00:00	14:55:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
14:00:00	14:50:00	<b>Introduction to Boxing</b>	Functional Zone
14:15:00	15:45:00	<b>Kids vs Parents, min. 6 years</b>	5-a-side
14:15:00	14:55:00	<b>Introduction to Fitness Centre - Strength machines</b>	Fitness Centre
15:00:00	16:50:00	<b>Tennis Men´s Only Doubles</b>	Tennis Court 1

15:00:00	15:30:00	<b>Green Team hosted Family Aquathlon</b>	North Pool
15:00:00	15:50:00	<b>Dance</b>	Volcano
15:00:00	15:45:00	<b>Stand Up Paddle 10-15 years</b>	Watersports Centre
15:00:00	15:50:00	<b>Introduction to Olympic Weightlifting</b>	Fitness Centre
15:15:00	15:45:00	<b>Aqua Party</b>	Leisure Pool
15:15:00	16:45:00	<b>Senior Reformer (with socks!)</b>	Dance Studio
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	17:30:00	<b>20 km gravel bike tour (Experience required)</b>	Bike Centre
16:00:00	16:50:00	<b>Fitball</b>	Volcano
16:00:00	16:30:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
16:00:00	16:50:00	<b>Circuit Fusion</b>	Functional Zone
16:00:00	16:50:00	<b>Introduction to CrossFit</b>	CrossFit area
16:00:00	16:45:00	<b>Two Generations Padel Instruction</b>	Padel Court 4
16:00:00	16:50:00	<b>Badminton Doubles Tactics, Advanced</b>	North Hall
16:15:00	17:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
16:15:00	17:45:00	<b>Fun Time: Olympic Day &amp; Diploma ceremony, 3-10 years</b>	Play Time
16:30:00	17:30:00	<b>Body Bike Power - Silent Fit</b>	Body Bike Area
17:00:00	17:50:00	<b>Green Team hosted Aquathlon</b>	North Pool
17:00:00	17:50:00	<b>Stretch &amp; Relax</b>	Volcano
17:00:00	18:50:00	<b>Doubles Badminton Tournament (no instructor)</b>	North Hall
17:00:00	17:40:00	<b>Introduction to bouldering, 10-15 years (Collect bouldering shoes from Sports Booking before class)</b>	Bouldering Room
17:00:00	17:45:00	<b>Padel Beginners 10-15 years</b>	Padel Court 4
17:00:00	17:55:00	<b>Tennis: Beat the Green Team (advanced)</b>	Tennis Court 1
17:00:00	17:50:00	<b>Green Team HYROX WOD</b>	Functional Zone
18:00:00	19:50:00	<b>Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0</b>	Padel Court 1
20:00:00	21:00:00	<b>Green Team Show</b>	Square
21:30:00	23:00:00	<b>Karaoke for everyone</b>	Discotheque CLS Arena

# Activity Programme



Tuesday 14/07/2026

\*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
08:50:00	09:10:00	*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	Introduction to road cycling	Bike Centre
09:00:00	09:50:00	Fascial Training	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	09:45:00	2 Generation Football school, 3-5 years	Stadium
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	Introduction to CrossFit	CrossFit area
09:00:00	09:50:00	HYROX WOD	Functional Zone
09:00:00	09:40:00	Tennis Fitness	Tennis Court 1
09:00:00	09:50:00	Padel Serve – Intermediate – Level 3.0-4.0	Padel Court 4
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
09:15:00	10:30:00	Fitness Reformer with guest instructor (with socks!)	Dance Studio
09:30:00	13:30:00	*Surf School	North Reception
09:30:00	10:30:00	Fun Time: Bike Skillz Squad 6-8 years	Bike Centre
09:40:00	10:00:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
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	BODYATTACK™	Volcano
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	CrossFit Team WOD (only for experienced)	CrossFit area
10:00:00	10:50:00	Kettlebell training, all levels	Functional Zone
10:00:00	11:50:00	Tennis Social Tournament, min. 15 years	Tennis Court 1
10:00:00	10:45:00	Padel Instruction Intermediate 10-15 years	Padel Court 4

10:00:00	10:45:00	<b>Golf, 7-12 years</b>	Golf Area
10:00:00	10:50:00	<b>Ballroom Dancing</b>	5-a-side
10:15:00	10:45:00	<b>Introduction to Slackline</b>	Watersports Centre
10:45:00	11:45:00	<b>Fun Time: Bike Skillz Squad 3-5 years</b>	Bike Centre
11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
11:00:00	11:50:00	<b>Pilates, all levels</b>	5-a-side
11:00:00	11:55:00	<b>BODYPUMP™</b>	Volcano
11:00:00	11:40:00	<b>Introduction to Dryland Swimming Session</b>	Functional Zone
11:00:00	11:45:00	<b>Golf, 13-17 years</b>	Golf Area
11:00:00	11:55:00	<b>Play Time Kids Club 3-10 years</b>	Play Time
11:00:00	11:45:00	<b>SUP Fitness</b>	Watersports Centre
11:00:00	11:50:00	<b>Padel Beginners– Level 1.0-3.0</b>	Padel Court 4
11:15:00	12:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
11:15:00	11:55:00	<b>Aqua jogging</b>	South Pool
11:15:00	11:45:00	<b>Toddlers Water Experience, 12-35 months</b>	Children Pool
11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
12:00:00	12:55:00	<b>Yoga Flow</b>	5-a-side
12:00:00	12:50:00	<b>Padel Advanced– Level 4.0-5.0</b>	Padel Court 4
12:15:00	12:45:00	<b>Aerial Relaxation</b>	Dance Studio
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners (adults and kids +8 years)</b>	Dive Centre
13:00:00	17:00:00	<b>*Scuba Beach Dive Beginners (adults and kids +8 years)</b>	Dive Centre
13:00:00	13:40:00	<b>Breathe better - live better</b>	Dance Studio
13:00:00	13:50:00	<b>Golf - Wedging</b>	TrackMan Studio
13:15:00	14:00:00	<b>Basic gymnastic, 6-10 years</b>	South Hall
14:00:00	16:00:00	<b>*Workshop: Men - all about man'o'pause w/ Sally Walker</b>	North Conference Centre
14:00:00	14:55:00	<b>Hatha Yoga</b>	Volcano
14:00:00	14:45:00	<b>Swim technique with video</b>	South Pool
14:00:00	14:50:00	<b>Golf - "Closest to the pin"</b>	TrackMan Studio
14:00:00	14:55:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
14:00:00	14:50:00	<b>Tennis instruction Beginner 1</b>	Tennis Court 2
14:05:00	14:50:00	<b>Basic gymnastic, 10-15 years</b>	South Hall
14:15:00	14:45:00	<b>Deep Water Aerobics</b>	North Pool
14:15:00	15:45:00	<b>Pilates Reformer, all levels (with socks!)</b>	Dance Studio
15:00:00	17:45:00	<b>50-60 km road bike tour, 24-26 km/h avg. speed</b>	Bike Centre
15:00:00	15:25:00	<b>Swimming: Learn Front Crawl, 6-10 years</b>	South Pool
15:00:00	15:50:00	<b>Golf Instruction Beginners</b>	Golf Area
15:00:00	15:50:00	<b>Beach volleyball, 10-15 years</b>	Beach Volley Court
15:00:00	16:30:00	<b>Wingfoil, intermediate (wing experience required)</b>	Watersports Centre

15:00:00	15:45:00	<b>Functional swim workout</b>	North Pool
15:00:00	15:50:00	<b>Tennis instruction Intermediate</b>	Tennis Court 2
15:00:00	16:20:00	<b>Padel tournament, beginners/intermediate - Level 1.0-3.0</b>	Padel Court 4
15:00:00	16:50:00	<b>Badminton Tournament Advanced</b>	North Hall
15:00:00	16:50:00	<b>Badminton Tournament Beginners</b>	North Hall
15:05:00	15:55:00	<b>Barefoot Fitness</b>	Volcano
15:05:00	15:50:00	<b>Gymnastic for parent-child 0-3 years</b>	South Hall
15:15:00	15:45:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
15:30:00	20:00:00	<b>*Wine &amp; Tapas Tour</b>	North Reception
15:30:00	15:55:00	<b>Swimming: Front Crawl, 10-15 years</b>	South Pool
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	17:50:00	<b>Beach volleyball tournament (no instructor)</b>	Beach Volley Court
16:00:00	17:30:00	<b>Football Tournament 5-10 years</b>	5-a-side
16:00:00	16:45:00	<b>Gymnastic for parent-child 3-5 years</b>	South Hall
16:00:00	16:40:00	<b>SUP Intermediate</b>	Watersports Centre
16:00:00	16:50:00	<b>Circuit Fusion</b>	Functional Zone
16:00:00	16:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
16:00:00	17:50:00	<b>Tennis Tournament Intermediate</b>	Tennis Court 1
16:15:00	17:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
16:15:00	16:45:00	<b>Ultimate Abs</b>	Volcano
16:15:00	17:45:00	<b>Family pentathlon</b>	Stadium
16:30:00	17:25:00	<b>Body Bike Base Camp (beginners) - Silent Fit</b>	Body Bike Area
16:30:00	17:50:00	<b>Padel tournament, intermediate/advanced - Level 3.0-5.0</b>	Padel Court 4
17:00:00	17:50:00	<b>Stretch &amp; Relax</b>	Volcano
17:00:00	17:50:00	<b>Functional Mobility</b>	CrossFit area
17:00:00	17:50:00	<b>Introduction to HYROX</b>	Functional Zone
17:00:00	17:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
17:30:00	19:00:00	<b>Football Tournament 10-15 years</b>	5-a-side
17:30:00	18:30:00	<b>*Saunagus "Detox", w/ Carolina, min 18 years</b>	Wellness Centre entrance
17:45:00	18:25:00	<b>Body Bike HIIT - Silent Fit</b>	Body Bike Area
18:00:00	19:00:00	<b>Time Share Owner's meeting</b>	Members Lounge
18:00:00	18:50:00	<b>Step Beginners</b>	Volcano
18:00:00	18:45:00	<b>Swimming Open Water Skills in the lagoon</b>	Watersports Centre
18:30:00	21:00:00	<b>DJ Lounge</b>	Restaurant El Lago
20:00:00	22:00:00	<b>Live Piano Music at The Square</b>	Square

# Activity Programme



Wednesday 15/07/2026

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
07:30:00	14:00:00	*Excursion: La Graciosa tour	North Reception
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	08:30:00	Morning meditation	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:40:00	09:00:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
08:45:00	16:00:00	*Catamaran Sailing	North Reception
09:00:00	09:45:00	Circuit training for seniors	5-a-side
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	09:45:00	LIIT	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	Introduction to CrossFit	CrossFit area
09:00:00	09:50:00	Circuit Fusion	Functional Zone
09:00:00	10:20:00	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	09:50:00	Golf Functional Training	Golf Area
09:00:00	09:40:00	Breathe better - live better guest instructor	Dance Studio
09:05:00	09:25:00	*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	09:50:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:30:00	13:30:00	*Surf School	North Reception
09:55:00	10:15:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
10:00:00	10:45:00	Track Session	Stadium
10:00:00	10:50:00	Pilates, all levels	5-a-side
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	11:30:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre

10:00:00	10:50:00	<b>Functional training</b>	Functional Zone
10:00:00	10:50:00	<b>CrossFit (only for experienced)</b>	CrossFit area
10:00:00	11:20:00	<b>Padel tournament, beginners/intermediate - Level 1.0-3.0</b>	Padel Court 4
10:00:00	11:50:00	<b>Social Beach Tennis Tournament, min. 20 years</b>	Beach Volley Court
10:00:00	11:00:00	<b>Aerial Fitness</b>	Dance Studio
10:00:00	11:15:00	<b>Club La Santa behind the scenes tour</b>	South Conference Centre
10:00:00	11:50:00	<b>Golf - Wedging</b>	TrackMan Studio
10:00:00	10:50:00	<b>Ballroom Fitness™ with guest instructor</b>	Volcano
10:10:00	10:55:00	<b>Swimming: Introduction to Front Crawl</b>	South Pool
10:20:00	10:40:00	<b>*InBody Weight &amp; Body Composition analysis, min. 18 years</b>	NutriBalance Office (Square)
10:30:00	11:50:00	<b>Badminton Tournament 10-15 years</b>	North Hall
11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
11:00:00	11:55:00	<b>Yoga Flow</b>	5-a-side
11:00:00	12:00:00	<b>Individual rehearsal, min. 5 years – Children and Guest show</b>	Square
11:00:00	11:55:00	<b>Play Time Kids Club 3-10 years</b>	Play Time
11:00:00	11:45:00	<b>2 Generation Functional training, min. 10 years</b>	Functional Zone
11:10:00	11:50:00	<b>Swimming Breaststroke for adults</b>	South Pool
11:10:00	12:20:00	<b>NutriBalance: Fuel Like an Athlete: Eat Well, Train Hard, Recover Better w/ Emma Gibbins</b>	North Conference Centre
11:15:00	11:45:00	<b>Ultimate Legs &amp; Glutes</b>	Volcano
11:15:00	12:00:00	<b>Teens Aerial, 10-15 years</b>	Dance Studio
11:30:00	13:00:00	<b>Windsurf Instruction Beg. 10-15 years</b>	Watersports Centre
11:30:00	12:50:00	<b>Padel tournament, intermediate/advanced - Level 3.0-5.0</b>	Padel Court 4
12:00:00	13:00:00	<b>Individual rehearsal, min. 5 years – Children and Guest show</b>	Square
12:00:00	12:40:00	<b>Aqua jogging</b>	South Pool
12:20:00	12:50:00	<b>Aerial Relaxation</b>	Dance Studio
12:45:00	13:30:00	<b>*NutriBalance: InBody Action Plan, min. 18 years</b>	NutriBalance Office (Square)
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners (adults and kids +8 years)</b>	Dive Centre
13:00:00	17:00:00	<b>*Scuba Beach Dive Beginners (adults and kids +8 years)</b>	Dive Centre
13:15:00	15:15:00	<b>Walk the talk (social walk)</b>	South Conference Centre
14:00:00	14:25:00	<b>Swimming: Learn Breaststroke, 6-10 years</b>	South Pool
14:00:00	15:00:00	<b>Kayak Race</b>	Watersports Centre
14:00:00	15:00:00	<b>Stand Up Paddle Race</b>	Watersports Centre
14:00:00	15:30:00	<b>Wingfoil, beginners (windsurf experience required)</b>	Watersports Centre
14:00:00	15:50:00	<b>Golf - How to hit your woods</b>	TrackMan Studio
14:15:00	14:55:00	<b>Introduction to Fitness Centre - Strength machines</b>	Fitness Centre
14:30:00	14:55:00	<b>Swimming: Breaststroke, 10-15 years</b>	South Pool

15:00:00	17:45:00	<b>Mountain Bike Tour Intermediate (Experience required)</b>	Bike Centre
15:00:00	15:55:00	<b>BODYBALANCE™</b>	Volcano
15:00:00	16:00:00	<b>Windsurf Race Beginners</b>	Watersports Centre
15:00:00	15:45:00	<b>Padel Beginners 10-15 years</b>	Padel Court 4
15:00:00	15:50:00	<b>Tennis instruction Beginner 2</b>	Tennis Court 2
15:15:00	15:45:00	<b>Fun Time: Rehearsal for Children &amp; Guest show, 3-14 years</b>	Square
15:15:00	15:45:00	<b>Aqua Party</b>	Leisure Pool
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	17:50:00	<b>Beach Volley Tournament</b>	Beach Volley Court
16:00:00	16:40:00	<b>Introduction to bouldering, 10-15 years (Collect bouldering shoes from Sports Booking before class)</b>	Bouldering Room
16:00:00	17:00:00	<b>Windsurf Race Advanced</b>	Watersports Centre
16:00:00	16:50:00	<b>Introduction to HYROX</b>	Functional Zone
16:00:00	16:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
16:00:00	16:45:00	<b>Padel Beginners 6-10 years</b>	Padel Court 4
16:00:00	17:50:00	<b>Tennis Tournament Beginners</b>	Tennis Court 1
16:00:00	16:50:00	<b>Pickleball Tournament (no instructor)</b>	Tennis Court 8
16:05:00	16:55:00	<b>Fitball</b>	Volcano
16:15:00	17:45:00	<b>Jungle run for families (min. 5 years)</b>	La Rambla
16:15:00	16:55:00	<b>HIIT Swimming, min. 15 years</b>	South Pool
16:30:00	17:25:00	<b>Body Bike Base Camp (beginners) - Silent Fit</b>	Body Bike Area
17:00:00	19:00:00	<b>Social Minigolf for teens (no instructor)</b>	Mini golf Area
17:00:00	17:50:00	<b>Stretch &amp; Relax</b>	Volcano
17:00:00	17:50:00	<b>7.5km off road hill run (5:15 min/km pace)</b>	La Rambla
17:00:00	17:50:00	<b>TRX (only for experienced)</b>	TRX area/ Stadium
17:00:00	18:45:00	<b>HYROX Endurance</b>	Functional Zone
17:00:00	17:50:00	<b>Padel Advanced– Level 4.0-5.0</b>	Padel Court 4
17:05:00	17:50:00	<b>Lifeguard Bootcamp, 10-15 years</b>	Watersports Centre
17:15:00	18:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
17:20:00	17:50:00	<b>Trampoline Fitness - Silent Fit, min 10 years</b>	The Lawn
17:45:00	18:25:00	<b>Body Bike HIIT - Silent Fit</b>	Body Bike Area
18:00:00	19:50:00	<b>Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0</b>	Padel Court 1
18:00:00	19:50:00	<b>Social Double Badminton tournament (no instructor)</b>	North Hall
18:00:00	18:50:00	<b>Body toning</b>	Volcano
18:00:00	18:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
19:00:00	19:45:00	<b>Children &amp; Guest Show</b>	Square
21:30:00	23:00:00	<b>Karaoke for everyone</b>	Discotheque CLS Arena

# Activity Programme



Thursday 16/07/2026

\*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	09:15:00	Body Bike Power - Silent Fit	Body Bike Area
08:15:00	09:30:00	Fitness Reformer (with socks!)	Dance Studio
08:35:00	08:55:00	*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	09:20:00	*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	11:45:00	50-60 km road bike tour, 24-26 km/h avg. speed	Bike Centre
09:00:00	09:50:00	Mobility, all levels	Volcano
09:00:00	09:50:00	Golf - How to hit your woods	TrackMan Studio
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	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
09:15:00	09:55:00	Kayak Instruction Beginners	Watersports Centre
09:25:00	09:45:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:30:00	13:30:00	*Surf School	North Reception
09:50:00	10:10:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
10:00:00	10:55:00	BODYPUMP™	Volcano
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	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	CrossFit Weightlifting (only for experienced)	CrossFit area
10:00:00	10:40:00	Young Time: Fitness & Tennis, 10-15 years	Tennis Court 1
10:00:00	10:45:00	Badminton Instruction Beginners 10-15 years	North Hall
10:00:00	10:50:00	Padel Intermediate - Tactics - Level 3.0-4.0	Padel Court 4
10:15:00	10:45:00	Introduction to Slackline	Watersports Centre

	10:15:00	10:35:00	<b>*InBody Weight &amp; Body Composition analysis, min. 18 years</b>	NutriBalance Office (Square)
	11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
	11:00:00	11:45:00	<b>Swimming Beginners Front Crawl</b>	South Pool
	11:00:00	11:50:00	<b>Golf: Longest Drive - only for golf players</b>	TrackMan Studio
	11:00:00	11:55:00	<b>Play Time Kids Club 3-10 years</b>	Play Time
	11:00:00	11:45:00	<b>SUP Fitness</b>	Watersports Centre
	11:00:00	12:30:00	<b>Wingfoil, beginners (windsurf experience required)</b>	Watersports Centre
	11:00:00	11:50:00	<b>Introduction to CrossFit</b>	CrossFit area
	11:00:00	11:50:00	<b>Functional Team Workout</b>	Functional Zone
	11:00:00	12:50:00	<b>Tennis Tournament Advanced</b>	Tennis Court 1
	11:00:00	11:45:00	<b>Badminton Instruction Beginners 6-10 years</b>	North Hall
	11:00:00	11:50:00	<b>Table Tennis Tournament, 10-15 years</b>	North Hall
	11:05:00	12:00:00	<b>BODYCOMBAT™</b>	Volcano
	11:20:00	11:50:00	<b>Playful Penguins, 5-6 years</b>	Children Pool
	11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
	12:00:00	13:50:00	<b>Basketball tournament/game (no instructor)</b>	3x3 Basketball Court
	12:00:00	12:30:00	<b>Playful Penguins, 3-4 years</b>	Children Pool
	12:00:00	12:45:00	<b>Intro to Aerial Fitness</b>	Dance Studio
	12:00:00	12:50:00	<b>Table Tennis Tournament</b>	North Hall
	12:10:00	13:00:00	<b>Pilates, all levels</b>	Volcano
	13:00:00	13:40:00	<b>Breathe better - live better</b>	Dance Studio
	13:00:00	13:50:00	<b>Golf – Putting</b>	Golf Area
	14:00:00	14:55:00	<b>Pelvic Floor Workshop</b>	Dance Studio
	14:00:00	14:25:00	<b>Flip´n´Fun, 6-10 years</b>	South Pool
	14:00:00	15:00:00	<b>Golf Putting Competition</b>	Golf Area
	14:00:00	14:55:00	<b>Windsurf Instruction Advanced</b>	Watersports Centre
	14:00:00	14:45:00	<b>Teens Boxing 10-15 years</b>	Functional Zone
	14:00:00	14:50:00	<b>Tennis Advanced</b>	Tennis Court 2
	14:00:00	15:20:00	<b>Padel Social Tournament - all levels, min. 20 years</b>	Padel Court 4
	14:15:00	14:45:00	<b>Deep Water Aerobics</b>	North Pool
	14:30:00	14:55:00	<b>Flip´n´Fun, 10-15 years</b>	South Pool
	15:00:00	16:00:00	<b>Introduction to MTB</b>	Bike Centre
	15:00:00	15:50:00	<b>Golf Functional Training</b>	Golf Area
	15:00:00	16:50:00	<b>Social Football min. 15 years</b>	5-a-side
	15:00:00	16:30:00	<b>Wingfoil, intermediate (wing experience required)</b>	Watersports Centre
	15:00:00	15:50:00	<b>Introduction to Powerlifting</b>	Fitness Centre
	15:00:00	15:50:00	<b>Fitness Boxing</b>	Functional Zone
	15:00:00	15:50:00	<b>Pickleball: Beat the Green Team</b>	Tennis Court 8
	15:15:00	15:45:00	<b>Ultimate Abs</b>	Volcano

15:15:00	16:00:00	<b>Fun Time: Family Ball Games, 3-5 years</b>	South Hall
15:15:00	16:00:00	<b>2 Generation SUP instruction, min. 6 years</b>	Watersports Centre
15:30:00	16:50:00	<b>Two Generations Padel Tournament</b>	Padel Court 4
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	17:30:00	<b>Mountain Bike Tour Beginners</b>	Bike Centre
16:00:00	16:45:00	<b>TRX for Seniors</b>	TRX area/ Stadium
16:00:00	16:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
16:00:00	16:50:00	<b>Pickleball Instruction Beginners</b>	Tennis Court 8
16:15:00	16:45:00	<b>HIIT</b>	Volcano
16:15:00	16:55:00	<b>Aqua jogging</b>	South Pool
16:15:00	17:00:00	<b>Fun Time: Ball Games 6-10 years</b>	South Hall
16:15:00	16:45:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
17:00:00	17:50:00	<b>Stretch &amp; Relax</b>	Volcano
17:00:00	17:30:00	<b>Trampoline Fitness - Silent Fit, min 10 years</b>	The Lawn
17:00:00	17:50:00	<b>Young Time: Ball Games, 10-15 years</b>	South Hall
17:00:00	17:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
17:00:00	17:50:00	<b>Introduction to HYROX</b>	Functional Zone
17:00:00	17:45:00	<b>Two Generations Tennis Instruction</b>	Tennis Court 2
17:00:00	17:50:00	<b>Beach Tennis Tournament (no instructor), all levels</b>	Beach Volley Court
17:15:00	18:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
18:00:00	18:50:00	<b>Step Intermediate</b>	Volcano
18:15:00	19:45:00	<b>FIFA Tournament, min. 10 years</b>	Play Time
19:00:00	21:30:00	<b>DJ Lounge</b>	Restaurant El Lago
20:00:00	22:00:00	<b>Live Music at The Square</b>	Square

# Activity Programme



Friday 17/07/2026

\*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
08:35:00	08:55:00	*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	11:45:00	40 km road bike tour, 22-24 km/h avg. speed	Bike Centre
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	TRX (all levels)	TRX area/ Stadium
09:00:00	09:50:00	Introduction to HYROX	Functional Zone
09:00:00	09:40:00	Tennis Fitness	Tennis Court 1
09:00:00	10:50:00	Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0	Padel Court 1
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
09:25:00	09:45:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
09:30:00	13:30:00	*Surf School	North Reception
09:45:00	10:00:00	Bus transfer to the Airport (Billund)	North Reception
09:50:00	10:10:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
10:00:00	10:50:00	Pilates, all levels	5-a-side
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	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	Circuit Fusion	Functional Zone
10:00:00	10:50:00	Tennis instruction Beginner 1	Tennis Court 2
10:05:00	11:00:00	BODYPUMP™	Volcano
10:10:00	10:50:00	Swimming Tumble Turns	South Pool
10:15:00	11:00:00	Technogym Checkup, min. 18 years	NutriBalance Office (Square)
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court

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

# Activity Programme



**Saturday 18/07/2026**

\*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	08:45:00	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	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	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
09:15:00	10:45:00	Pilates Reformer, all levels (with socks!)	Dance Studio
09:15:00	09:55:00	Basic Swim Steps, 6-10 years	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
10:00:00	10:45:00	BODYATTACK™	Volcano
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	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	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
10:10:00	10:50:00	Swimming Backstroke for adults	South Pool
10:15:00	12:15:00	Walk the talk (social walk)	South Conference Centre
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	Fitball	Volcano
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	11:50:00	Functional training	Functional Zone
11:00:00	11:45:00	Table Tennis Instruction, beginners, 6-15 years	North Hall
11:00:00	11:50:00	Padel Intermediate 2 - Level 3.0-4.0	Padel Court 4

11:00:00	12:50:00	<b>Tennis Social Tournament, min. 15 years</b>	Tennis Court 1
11:15:00	12:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
11:15:00	12:00:00	<b>Young Time: Splash! Water games, 10-15 years</b>	Leisure Pool
11:15:00	11:45:00	<b>Toddlers Water Experience, 12-35 months</b>	Children Pool
11:30:00	13:00:00	<b>Windsurf Instruction Beg. 10-15 years</b>	Watersports Centre
12:00:00	12:50:00	<b>Table Tennis Tournament, 10-15 years</b>	North Hall
12:15:00	12:45:00	<b>Aerial Relaxation</b>	Dance Studio
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners (adults and kids +8 years)</b>	Dive Centre
14:00:00	14:25:00	<b>Flip´n´Fun, 6-10 years</b>	South Pool
14:00:00	15:30:00	<b>Wingfoil, beginners (windsurf experience required)</b>	Watersports Centre
14:00:00	15:20:00	<b>Padel Social Tournament - all levels, min. 20 years</b>	Padel Court 4
14:15:00	14:45:00	<b>Deep Water Aerobics</b>	North Pool
14:15:00	15:00:00	<b>Fun Time: Treasure Hunt, 3-5 years</b>	Play Time
14:15:00	15:00:00	<b>Basic gymnastic, 6-10 years</b>	South Hall
14:15:00	14:55:00	<b>Kayak instruction, 10-15 years</b>	Watersports Centre
14:15:00	14:55:00	<b>Introduction to Fitness Centre - Strength machines</b>	Fitness Centre
14:30:00	14:55:00	<b>Flip´n´Fun, 10-15 years</b>	South Pool
15:00:00	16:00:00	<b>Introduction to road cycling</b>	Bike Centre
15:00:00	15:45:00	<b>Swimming: Introduction to Front Crawl</b>	South Pool
15:00:00	15:55:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
15:00:00	15:50:00	<b>Introduction to Olympic Weightlifting</b>	Fitness Centre
15:05:00	15:50:00	<b>Basic gymnastic, 10-15 years</b>	South Hall
15:15:00	16:45:00	<b>Free Talk in Danish: Stærk Aldring - Hemmelighederne bag Sunde Aldring med Sally Walker</b>	North Conference Centre
15:15:00	16:00:00	<b>LIIT</b>	Volcano
15:15:00	16:00:00	<b>Fun Time: Treasure Hunt, 6-8 years</b>	Play Time
15:30:00	16:50:00	<b>Padel Social Tournament - all levels, min. 15 years</b>	Padel Court 4
15:45:00	16:10:00	<b>Introduction to Yoga Sun Salutations - Silent Fit</b>	South Conference Roof
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	17:30:00	<b>20-25 km road bike tour, 18-20 km/h avg. speed</b>	Bike Centre
16:00:00	16:25:00	<b>Introduction to the TrackMan Studio</b>	TrackMan Studio
16:00:00	16:40:00	<b>SUP Intermediate</b>	Watersports Centre
16:00:00	16:50:00	<b>HYROX WOD</b>	Functional Zone
16:00:00	16:40:00	<b>Tennis Fitness</b>	Tennis Court 1
16:05:00	16:50:00	<b>Gymnastic for parent-child 0-3 years</b>	South Hall
16:15:00	16:45:00	<b>Trampoline Fitness - Silent Fit, min 10 years</b>	The Lawn
16:15:00	16:45:00	<b>Ultimate Legs &amp; Glutes</b>	Volcano
16:15:00	17:00:00	<b>Fun Time: Treasure Hunt, 8-10 years</b>	Play Time
16:20:00	17:15:00	<b>Yoga Flow - Silent Fit</b>	South Conference Roof
16:30:00	16:55:00	<b>Introduction to the TrackMan Studio</b>	TrackMan Studio

17:00:00	17:50:00	<b>Stretch &amp; Relax</b>	Volcano
17:00:00	18:00:00	<b>Golf Putting Competition</b>	Golf Area
17:00:00	17:45:00	<b>Gymnastic for parent-child 3-5 years</b>	South Hall
17:00:00	17:45:00	<b>2 Generation TRX, min. 10 years</b>	TRX area/ Stadium
17:00:00	17:50:00	<b>Introduction to HYROX</b>	Functional Zone
17:00:00	17:50:00	<b>Table Tennis Instruction, beginners, min. 15 years</b>	North Hall
17:05:00	17:50:00	<b>Lifeguard Bootcamp, 10-15 years</b>	Watersports Centre
17:15:00	18:45:00	<b>Free Talk in English: Age Strong - The Secrets of Healthy Aging w/ Sally Walker</b>	North Conference Centre
17:15:00	19:00:00	<b>Green Team hosted 5 &amp; 10k Race</b>	Stadium
17:15:00	18:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
17:30:00	18:20:00	<b>Pilates Beginners - Silent Fit</b>	South Conference Roof
18:00:00	18:50:00	<b>CrossFit Team WOD (only for experienced)</b>	CrossFit area
18:00:00	18:50:00	<b>Table Tennis Tournament</b>	North Hall
18:00:00	18:50:00	<b>Step Beginners</b>	Volcano
18:30:00	20:20:00	<b>Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0</b>	Padel Court 1
19:00:00	19:30:00	<b>Aerial Relaxation</b>	Dance Studio
19:30:00	20:30:00	<b>Green Team Bingo</b>	Square

# Activity Programme



**Sunday 19/07/2026**

\*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	08:40:00	Breathe better - live better	Dance Studio
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
08:45:00	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	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	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	Pickleball Instruction Beginners	Tennis Court 8
09:00:00	10:50:00	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	Badminton Instruction Beginners	North Hall
09:15:00	09:35:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
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
09:30:00	10:30:00	Body Bike Power - Silent Fit	Body Bike Area
10:00:00	10:50:00	Mobility, all levels	Volcano
10:00:00	10:30:00	Trampoline Fitness - Silent Fit, min 10 years	The Lawn
10:00:00	10:45:00	Swimming Intermediate Front Crawl	South Pool
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	Pickleball Tournament, all levels	Tennis Court 8
10:00:00	11:50:00	Badminton Social Tournament, min. 20 years	North Hall
10:15:00	11:00:00	Padel Beginners 6-10 years	Padel Court 4

	11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
	11:00:00	12:00:00	<b>Aerial Fitness</b>	Dance Studio
	11:00:00	11:45:00	<b>Swimming Beginners Front Crawl</b>	South Pool
	11:00:00	11:55:00	<b>Play Time Kids Club 3-10 years</b>	Play Time
	11:00:00	12:30:00	<b>Wingfoil, beginners (windsurf experience required)</b>	Watersports Centre
	11:00:00	11:50:00	<b>CrossFit (only for experienced)</b>	CrossFit area
	11:00:00	11:50:00	<b>Functional training</b>	Functional Zone
	11:00:00	11:50:00	<b>Pickleball Instruction Intermediate</b>	Tennis Court 8
	11:00:00	11:50:00	<b>Tennis Advanced</b>	Tennis Court 2
	11:10:00	12:00:00	<b>Step Intermediate</b>	Volcano
	11:15:00	11:45:00	<b>Dance, 6-10 years</b>	Laguna
	11:15:00	12:00:00	<b>Padel Beginners 10-15 years</b>	Padel Court 4
	11:20:00	11:50:00	<b>Playful Penguins, 5-6 years</b>	Children Pool
	11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
	12:00:00	12:30:00	<b>Playful Penguins, 3-4 years</b>	Children Pool
	12:00:00	12:40:00	<b>2 Generation Swim</b>	South Pool
	12:00:00	12:50:00	<b>Tennis instruction Beginner 2</b>	Tennis Court 2
	12:00:00	13:50:00	<b>Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0</b>	Padel Court 1
	12:15:00	12:45:00	<b>Aerial Relaxation</b>	Dance Studio
	13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners (adults and kids +8 years)</b>	Dive Centre
	13:00:00	17:00:00	<b>*Snorkel Safari Beginners (adults and kids +8 years)</b>	Dive Centre
	14:00:00	15:50:00	<b>Egg Throwing and Bolas Tournament</b>	Beach Volley Court
	14:00:00	15:50:00	<b>Tennis Women's Only Doubles</b>	Tennis Court 1
	14:00:00	14:25:00	<b>Swimming: Learn Front Crawl, 6-10 years</b>	South Pool
	14:00:00	15:45:00	<b>Beach Volleyball Instruction &amp; Social Tournament, min. 15 years</b>	Beach Volley Court
	14:00:00	14:55:00	<b>Windsurf Instruction Refresher</b>	Watersports Centre
	14:00:00	14:45:00	<b>Functional swim workout</b>	North Pool
	14:15:00	15:00:00	<b>Toddlers Time 0-3 years</b>	South Hall
	14:15:00	14:45:00	<b>Hula Hoop, min. 6 years</b>	Laguna
	14:30:00	14:55:00	<b>Swimming: Front Crawl, 10-15 years</b>	South Pool
	15:00:00	15:45:00	<b>Toddlers Time 0-3 years</b>	South Hall
	15:00:00	16:00:00	<b>Introduction to MTB</b>	Bike Centre
	15:00:00	15:45:00	<b>Senior Training - Full body workout</b>	Dance Studio
	15:00:00	15:50:00	<b>Golf Instruction Beginners</b>	Golf Area
	15:00:00	15:55:00	<b>Surf Fun, 3-10 years</b>	Watersports Centre
	15:00:00	15:50:00	<b>Introduction to Powerlifting</b>	Fitness Centre
	15:00:00	15:50:00	<b>Padel Tournament, 10-15 years</b>	Padel Court 4
	15:10:00	15:55:00	<b>Swim technique with video</b>	South Pool

15:15:00	15:45:00	<b>Ultimate Abs</b>	Volcano
15:15:00	15:45:00	<b>Aqua Party</b>	Leisure Pool
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	17:30:00	<b>Mountain Bike Tour Beginners</b>	Bike Centre
16:00:00	16:50:00	<b>Barefoot Fitness</b>	Volcano
16:00:00	16:25:00	<b>Introduction to the TrackMan Studio</b>	TrackMan Studio
16:00:00	17:20:00	<b>Spikeball, min. 15 years</b>	Beach Volley Court
16:00:00	16:45:00	<b>Young Time: Surf &amp; Beach day, 10-15 years</b>	Watersports Centre
16:00:00	16:50:00	<b>Functional Team Workout</b>	Functional Zone
16:00:00	16:45:00	<b>TRX for Seniors</b>	TRX area/ Stadium
16:00:00	16:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
16:00:00	16:45:00	<b>Tennis Instruction Intermediate 10-15 years</b>	Tennis Court 2
16:15:00	17:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
16:15:00	17:45:00	<b>Beat the Green Team - Family edition</b>	5-a-side
16:30:00	16:55:00	<b>Introduction to the TrackMan Studio</b>	TrackMan Studio
17:00:00	17:50:00	<b>Stretch &amp; Relax</b>	Volcano
17:00:00	18:15:00	<b>Off-road Run 12km (5.30 min/km)</b>	La Rambla
17:00:00	17:50:00	<b>Golf – Chipping</b>	Golf Area
17:00:00	17:50:00	<b>Functional Mobility</b>	CrossFit area
17:00:00	17:50:00	<b>Circuit Fusion</b>	Functional Zone
17:00:00	17:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
17:00:00	17:55:00	<b>Padel: Beat The Green Team (Advanced) - Level 3.5-5.0</b>	Padel Court 4
17:30:00	18:25:00	<b>Body Bike Base Camp (beginners) - Silent Fit</b>	Body Bike Area
18:00:00	19:00:00	<b>Meet &amp; Greet w. Anne Haug IRONMAN world champion</b>	South Conference Centre
20:30:00	22:00:00	<b>Live Music with Craig Andrews</b>	Square

# Activity Programme



Monday 20/07/2026

\*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	08:45:00	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
09:00:00	09:45:00	Circuit training for seniors	5-a-side
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	10:00:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	10:50:00	Social Football min. 15 years	Stadium
09:00:00	09:50:00	TRX (all levels)	TRX area/ Stadium
09:00:00	09:50:00	Introduction to HYROX	Functional Zone
09:00:00	09:50:00	Tennis Serve Beginners	Tennis Court 2
09:00:00	09:50:00	Pickleball Instruction Intermediate	Tennis Court 8
09:10:00	09:30:00	*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	10:45:00	Pilates Reformer, all levels (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
09:30:00	14:00:00	*Volcano Walk - Fire Route	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	Running Technique	Stadium
10:00:00	10:55:00	BODYCOMBAT™	Volcano
10:00:00	10:50:00	Golf Instruction Beginners	Golf Area
10:00:00	11:00:00	Play Time Kids Club 3-10 years	Play Time
10:00:00	10:50:00	Fitness Handball, min 15 years	South Hall
10:00:00	11:30:00	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	CrossFit (only for experienced)	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	Padel Intermediate 2 - Level 3.0-4.0	Padel Court 4

10:00:00	10:50:00	<b>Tennis Serve Advanced</b>	Tennis Court 2
10:00:00	10:50:00	<b>Pickleball Tournament, all levels</b>	Tennis Court 8
10:00:00	10:50:00	<b>Pilates, all levels</b>	5-a-side
10:10:00	10:30:00	<b>*InBody Weight &amp; Body Composition analysis, min. 18 years</b>	NutriBalance Office (Square)
10:10:00	10:50:00	<b>Swimming Tumble Turns</b>	South Pool
10:15:00	11:45:00	<b>Wingfoil, beginners (windsurf experience required)</b>	Watersports Centre
11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
11:00:00	11:45:00	<b>Track Session</b>	Stadium
11:00:00	11:50:00	<b>Fitball</b>	Volcano
11:00:00	11:25:00	<b>Flip´n´Fun, 6-10 years</b>	South Pool
11:00:00	11:55:00	<b>Play Time Kids Club 3-10 years</b>	Play Time
11:00:00	11:50:00	<b>Football School 5-10 years</b>	Stadium
11:00:00	11:50:00	<b>Family Fitness Handball, min. 10 years</b>	South Hall
11:00:00	11:40:00	<b>Teens Circuit Fitness, 10-15 years</b>	Functional Zone
11:00:00	11:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
11:00:00	11:50:00	<b>Padel Advanced– Level 4.0-5.0</b>	Padel Court 4
11:00:00	12:50:00	<b>Squash Tournament Intermediate</b>	Squash Court 1
11:00:00	12:50:00	<b>Racketball tournament, all levels</b>	Squash Court 1
11:05:00	12:00:00	<b>Yoga Flow</b>	5-a-side
11:15:00	12:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
11:30:00	11:55:00	<b>Flip´n´Fun, 10-15 years</b>	South Pool
11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
12:00:00	12:50:00	<b>Golf – Chipping</b>	Golf Area
12:00:00	12:50:00	<b>Football School 10-15 years</b>	Stadium
12:15:00	12:45:00	<b>Aerial Relaxation</b>	Dance Studio
12:15:00	12:55:00	<b>Aqua jogging</b>	South Pool
12:30:00	13:30:00	<b>NutriBalance: THE INFLAMMATION EQUATION: How Diet Shapes Chronic Inflammation &amp; Health w/ Emma Gibbins</b>	North Conference Centre
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners (adults and kids +8 years)</b>	Dive Centre
13:00:00	17:00:00	<b>*Scuba Beach Dive Beginners (adults and kids +8 years)</b>	Dive Centre
14:00:00	16:00:00	<b>Workshop for women: All about Menopause w/Sally Walker</b>	North Conference Centre
14:00:00	14:55:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
14:15:00	15:45:00	<b>Kids vs Parents, min. 6 years</b>	5-a-side
14:15:00	14:55:00	<b>Introduction to Fitness Centre - Strength machines</b>	Fitness Centre
15:00:00	16:50:00	<b>Tennis Men´s Only Doubles</b>	Tennis Court 1
15:00:00	15:30:00	<b>Green Team hosted Family Aquathlon</b>	North Pool
15:00:00	15:45:00	<b>Teens Aerial, 10-15 years</b>	Dance Studio
15:00:00	15:50:00	<b>Introduction to Olympic Weightlifting</b>	Fitness Centre
15:00:00	15:45:00	<b>Padel Beginners 10-15 years</b>	Padel Court 4

15:05:00	15:50:00	<b>Technogym Checkup, min. 18 years</b>	NutriBalance Office (Square)
15:15:00	16:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
15:15:00	15:45:00	<b>Aqua Party</b>	Leisure Pool
15:15:00	15:45:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
15:55:00	16:40:00	<b>Technogym Checkup, min. 18 years</b>	NutriBalance Office (Square)
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	17:30:00	<b>20 km gravel bike tour (Experience required)</b>	Bike Centre
16:00:00	16:50:00	<b>Dance</b>	Volcano
16:00:00	16:45:00	<b>Stand Up Paddle 10-15 years</b>	Watersports Centre
16:00:00	16:50:00	<b>Circuit Fusion</b>	Functional Zone
16:00:00	16:50:00	<b>Introduction to CrossFit</b>	CrossFit area
16:15:00	17:45:00	<b>Senior Reformer (with socks!)</b>	Dance Studio
16:15:00	17:45:00	<b>Fun Time: Olympic Day &amp; Diploma ceremony, 3-10 years</b>	Play Time
16:30:00	17:30:00	<b>Body Bike Power - Silent Fit</b>	Body Bike Area
17:00:00	17:50:00	<b>Green Team hosted Aquathlon</b>	North Pool
17:00:00	17:50:00	<b>Stretch &amp; Relax</b>	Volcano
17:00:00	18:50:00	<b>Doubles Badminton Tournament (no instructor)</b>	North Hall
17:00:00	17:50:00	<b>Green Team HYROX WOD</b>	Functional Zone
18:00:00	19:50:00	<b>Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0</b>	Padel Court 1
18:00:00	18:55:00	<b>Tennis: Beat the Green Team (advanced)</b>	Tennis Court 1
18:15:00	18:55:00	<b>Introduction to bouldering, 10-15 years (Collect bouldering shoes from Sports Booking before class)</b>	Bouldering Room
20:00:00	21:00:00	<b>Green Team Show</b>	Square
21:30:00	23:00:00	<b>Karaoke for everyone</b>	Discotheque CLS Arena

# Activity Programme



Tuesday 21/07/2026

\*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	Introduction to road cycling	Bike Centre
09:00:00	09:50:00	Barefoot Fitness	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	09:45:00	2 Generation Football school, 3-5 years	Stadium
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	09:40:00	Tennis Fitness	Tennis Court 1
09:00:00	09:50:00	Padel Serve – Intermediate – Level 3.0-4.0	Padel Court 4
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
09:30:00	10:30:00	Fun Time: Bike Skillz Squad 6-8 years	Bike Centre
09:35:00	09:55:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
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	BODYATTACK™	Volcano
10:00:00	10:45:00	Golf, 7-12 years	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	10:50:00	CrossFit Team WOD (only for experienced)	CrossFit area
10:00:00	10:50:00	Kettlebell training, all levels	Functional Zone
10:00:00	11:50:00	Tennis Social Tournament, min. 15 years	Tennis Court 1
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

10:15:00	10:45:00	<b>Introduction to Slackline</b>	Watersports Centre
10:30:00	11:20:00	<b>Pilates, all levels</b>	5-a-side
10:45:00	11:45:00	<b>Fun Time: Bike Skillz Squad 3-5 years</b>	Bike Centre
11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
11:00:00	11:55:00	<b>BODYPUMP™</b>	Volcano
11:00:00	11:45:00	<b>Golf, 13-17 years</b>	Golf Area
11:00:00	11:55:00	<b>Play Time Kids Club 3-10 years</b>	Play Time
11:00:00	11:45:00	<b>SUP Fitness</b>	Watersports Centre
11:00:00	11:50:00	<b>Padel Beginners– Level 1.0-3.0</b>	Padel Court 4
11:00:00	11:45:00	<b>Badminton Instruction Beginners 6-10 years</b>	North Hall
11:15:00	11:55:00	<b>Aqua jogging</b>	South Pool
11:15:00	11:45:00	<b>Toddlers Water Experience, 12-35 months</b>	Children Pool
11:30:00	12:25:00	<b>Yoga Flow</b>	5-a-side
11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
12:00:00	12:40:00	<b>Breathe better - live better</b>	Dance Studio
12:00:00	12:50:00	<b>Padel Advanced– Level 4.0-5.0</b>	Padel Court 4
12:00:00	12:45:00	<b>Badminton Instruction Beginners 10-15 years</b>	North Hall
12:15:00	12:55:00	<b>Introduction to Dryland Swimming Session</b>	Functional Zone
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners (adults and kids +8 years)</b>	Dive Centre
13:00:00	17:00:00	<b>*Scuba Beach Dive Beginners (adults and kids +8 years)</b>	Dive Centre
13:00:00	13:30:00	<b>Aerial Relaxation</b>	Dance Studio
13:00:00	13:50:00	<b>Golf - Wedging</b>	TrackMan Studio
13:15:00	14:00:00	<b>Basic gymnastic, 6-10 years</b>	South Hall
14:00:00	16:00:00	<b>*Workshop: Men - all about man'o'pause w/ Sally Walker</b>	North Conference Centre
14:00:00	14:30:00	<b>Deep Water Aerobics</b>	North Pool
14:00:00	14:45:00	<b>Swim technique with video</b>	South Pool
14:00:00	14:50:00	<b>Golf - "Closest to the pin"</b>	TrackMan Studio
14:00:00	14:55:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
14:00:00	14:50:00	<b>Tennis instruction Beginner 1</b>	Tennis Court 2
14:05:00	14:50:00	<b>Basic gymnastic, 10-15 years</b>	South Hall
15:00:00	17:45:00	<b>50-60 km road bike tour, 24-26 km/h avg. speed</b>	Bike Centre
15:00:00	15:25:00	<b>Swimming: Learn Front Crawl, 6-10 years</b>	South Pool
15:00:00	15:50:00	<b>Golf Instruction Beginners</b>	Golf Area
15:00:00	15:50:00	<b>Beach volleyball, 10-15 years</b>	Beach Volley Court
15:00:00	15:45:00	<b>Functional swim workout</b>	North Pool
15:00:00	15:50:00	<b>Tennis instruction Intermediate</b>	Tennis Court 2
15:00:00	16:20:00	<b>Padel tournament, beginners/intermediate - Level 1.0-3.0</b>	Padel Court 4
15:00:00	16:50:00	<b>Badminton Tournament Advanced</b>	North Hall

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

# Activity Programme



Wednesday 22/07/2026

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
07:30:00	14:00:00	*Excursion: La Graciosa tour	North Reception
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	08:30:00	Morning meditation	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:45:00	16:00:00	*Catamaran Sailing	North Reception
09:00:00	09:45:00	Circuit training for seniors	5-a-side
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	09:45:00	LIIT	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	Introduction to CrossFit	CrossFit area
09:00:00	09:50:00	Circuit Fusion	Functional Zone
09:00:00	10:20:00	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	09:50:00	Golf Functional Training	Golf Area
09:10:00	09:30:00	*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
09:35:00	09:55:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
10:00:00	10:20:00	*InBody Weight & Body Composition analysis, min. 18 years	NutriBalance Office (Square)
10:00:00	10:45:00	Track Session	Stadium
10:00:00	10:50:00	Dance	Volcano
10:00:00	10:50:00	Pilates, all levels	5-a-side
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	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	<b>CrossFit (only for experienced)</b>	CrossFit area
10:00:00	11:20:00	<b>Padel tournament, beginners/intermediate - Level 1.0-3.0</b>	Padel Court 4
10:00:00	11:50:00	<b>Social Beach Tennis Tournament, min. 20 years</b>	Beach Volley Court
10:00:00	10:50:00	<b>Tennis Instruction for Seniors</b>	Tennis Court 2
10:00:00	11:15:00	<b>Club La Santa behind the scenes tour</b>	South Conference Centre
10:00:00	11:50:00	<b>Golf - Wedging</b>	TrackMan Studio
10:10:00	10:55:00	<b>Swimming: Introduction to Front Crawl</b>	South Pool
10:25:00	10:45:00	<b>*InBody Weight &amp; Body Composition analysis, min. 18 years</b>	NutriBalance Office (Square)
10:30:00	11:50:00	<b>Badminton Tournament 10-15 years</b>	North Hall
11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
11:00:00	11:45:00	<b>Teens Aerial, 10-15 years</b>	Dance Studio
11:00:00	11:55:00	<b>Yoga Flow</b>	5-a-side
11:00:00	12:00:00	<b>Individual rehearsal, min. 5 years – Children and Guest show</b>	Square
11:00:00	11:55:00	<b>Play Time Kids Club 3-10 years</b>	Play Time
11:00:00	11:45:00	<b>2 Generation Functional training, min. 10 years</b>	Functional Zone
11:00:00	11:50:00	<b>Tennis Doubles Tactics</b>	Tennis Court 2
11:10:00	11:50:00	<b>Swimming Breaststroke for adults</b>	South Pool
11:15:00	11:45:00	<b>Ultimate Legs &amp; Glutes</b>	Volcano
11:15:00	12:15:00	<b>NutriBalance: Fuel Like an Athlete: Eat Well, Train Hard, Recover Better w/ Emma Gibbins</b>	North Conference Centre
11:30:00	13:00:00	<b>Windsurf Instruction Beg. 10-15 years</b>	Watersports Centre
11:30:00	12:50:00	<b>Padel tournament, intermediate/advanced - Level 3.0-5.0</b>	Padel Court 4
12:00:00	13:00:00	<b>Individual rehearsal, min. 5 years – Children and Guest show</b>	Square
12:00:00	12:50:00	<b>Young Time: Fitness &amp; Badminton, 10-15 years</b>	North Hall
12:15:00	12:45:00	<b>Aerial Relaxation</b>	Dance Studio
12:15:00	12:55:00	<b>Aqua jogging</b>	South Pool
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners (adults and kids +8 years)</b>	Dive Centre
13:00:00	17:00:00	<b>*Scuba Beach Dive Beginners (adults and kids +8 years)</b>	Dive Centre
13:00:00	13:45:00	<b>*NutriBalance: InBody Action Plan, min. 18 years</b>	NutriBalance Office (Square)
13:15:00	15:15:00	<b>Walk the talk (social walk)</b>	South Conference Centre
14:00:00	14:45:00	<b>Senior Training - Full body workout</b>	Dance Studio
14:00:00	14:25:00	<b>Swimming: Learn Breaststroke, 6-10 years</b>	South Pool
14:00:00	15:00:00	<b>Kayak Race</b>	Watersports Centre
14:00:00	15:00:00	<b>Stand Up Paddle Race</b>	Watersports Centre
14:00:00	15:30:00	<b>Wingfoil, beginners (windsurf experience required)</b>	Watersports Centre
14:00:00	14:50:00	<b>Pickleball Instruction Intermediate</b>	Tennis Court 8
14:00:00	15:50:00	<b>Golf - How to hit your woods</b>	TrackMan Studio
14:15:00	14:55:00	<b>Introduction to Fitness Centre - Strength machines</b>	Fitness Centre

14:30:00	14:55:00	<b>Swimming: Breaststroke, 10-15 years</b>	South Pool
14:30:00	16:00:00	<b>Hill Reps - Road Bike</b>	Bike Centre
15:00:00	17:45:00	<b>Mountain Bike Tour Intermediate (Experience required)</b>	Bike Centre
15:00:00	15:50:00	<b>Fitball</b>	Volcano
15:00:00	16:00:00	<b>Windsurf Race Beginners</b>	Watersports Centre
15:00:00	15:50:00	<b>Badminton Instruction for Seniors</b>	North Hall
15:00:00	15:45:00	<b>Padel Beginners 10-15 years</b>	Padel Court 4
15:00:00	15:50:00	<b>Tennis instruction Beginner 2</b>	Tennis Court 2
15:15:00	15:45:00	<b>Fun Time: Rehearsal for Children &amp; Guest show, 3-14 years</b>	Square
15:15:00	15:45:00	<b>Aqua Party</b>	Leisure Pool
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	16:55:00	<b>BODYBALANCE™</b>	Volcano
16:00:00	17:50:00	<b>Beach Volley Tournament</b>	Beach Volley Court
16:00:00	16:40:00	<b>Introduction to bouldering, 10-15 years (Collect bouldering shoes from Sports Booking before class)</b>	Bouldering Room
16:00:00	17:00:00	<b>Windsurf Race Advanced</b>	Watersports Centre
16:00:00	16:50:00	<b>Introduction to HYROX</b>	Functional Zone
16:00:00	16:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
16:00:00	16:45:00	<b>Padel Beginners 6-10 years</b>	Padel Court 4
16:00:00	17:50:00	<b>Tennis Tournament Beginners</b>	Tennis Court 1
16:00:00	16:50:00	<b>Pickleball Tournament (no instructor)</b>	Tennis Court 8
16:15:00	17:45:00	<b>Jungle run for families (min. 5 years)</b>	La Rambla
16:15:00	16:55:00	<b>HIIT Swimming, min. 15 years</b>	South Pool
16:30:00	17:25:00	<b>Body Bike Base Camp (beginners) - Silent Fit</b>	Body Bike Area
17:00:00	19:00:00	<b>Social Minigolf for teens (no instructor)</b>	Mini golf Area
17:00:00	17:50:00	<b>TRX (only for experienced)</b>	TRX area/ Stadium
17:00:00	18:45:00	<b>HYROX Endurance</b>	Functional Zone
17:00:00	17:50:00	<b>Padel Advanced– Level 4.0-5.0</b>	Padel Court 4
17:05:00	17:55:00	<b>Stretch &amp; Relax</b>	Volcano
17:05:00	17:50:00	<b>Lifeguard Bootcamp, 10-15 years</b>	Watersports Centre
17:10:00	18:00:00	<b>7.5km off road hill run (5:15 min/km pace)</b>	La Rambla
17:15:00	18:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
17:15:00	17:45:00	<b>Trampoline Fitness - Silent Fit, min 10 years</b>	The Lawn
17:45:00	18:25:00	<b>Body Bike HIIT - Silent Fit</b>	Body Bike Area
18:00:00	19:50:00	<b>Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0</b>	Padel Court 1
18:00:00	19:50:00	<b>Social Double Badminton tournament (no instructor)</b>	North Hall
18:00:00	18:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
18:05:00	18:55:00	<b>Body toning</b>	Volcano
19:00:00	19:45:00	<b>Children &amp; Guest Show</b>	Square

21:30:00	23:00:00	<b>Karaoke for everyone</b>	Discotheque CLS Arena
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