

Activity Programme



Tuesday 22/01/2019

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:30:00	14:00:00	**Excursion: La Graciosa tour	North Reception
08:00:00	10:30:00	*Half Marathon	Stadium
08:00:00	13:30:00	**Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	12:00:00	**Snorkel Safari Beginners +8 years	Dive Centre
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	09:15:00	*Aerial Stretch	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:15:00	12:00:00	*Road Bike Tour Advanced	Bike Centre
09:00:00	09:50:00	*Introduction to bouldering, min. 15 years	Bouldering Room
09:00:00	09:50:00	*CrossFit, beginners	CrossFit area/ Stadium
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	09:45:00	Mobility, all levels	Volcano
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:10:00	09:50:00	*Golf Instruction Beginners	Golf Area
09:15:00	14:45:00	**Rancho Texas Theme Park	North Reception
09:15:00	14:45:00	**Beach & Shopping in Puerto del Carmen	North Reception
09:15:00	09:45:00	*Trampoline Fitness, min 10 years	The Lawn
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	10:50:00	*CrossFit Rx, intermediate	CrossFit area/ Stadium
10:00:00	10:50:00	Fitness Football for men	5-a-side
10:00:00	10:30:00	*Flip'n'Fun, 6-10 years	South Pool
10:00:00	10:40:00	*Golf Instruction Beginners	Golf Area
10:00:00	11:45:00	*Mountain Bike Tour Beginners	Bike Centre
10:00:00	10:50:00	Power & Strength, all levels	Volcano
10:00:00	10:50:00	*Pulsing Barre™	The Lawn
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:15:00	11:00:00	*Badminton Instruction Beginners 6-15 years	North Hall
10:30:00	11:00:00	*Flip'n'Fun, 11-15 years	South Pool
10:50:00	11:30:00	*Golf instruction: Individual Swing School	Golf Area
11:00:00	11:55:00	*Badminton Instruction Intermediate	North Hall
11:00:00	11:50:00	Ballroom Fitness™	The Lawn
11:00:00	11:50:00	*Introduction to Barbell Training, class 2	Fitness Centre
11:00:00	11:50:00	Fitness Football for women	5-a-side
11:00:00	11:55:00	*Padel Tennis Intro	Padel Court 1

11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	Pilates, all levels	Volcano
11:00:00	11:55:00	*SUP Fitness	Watersports Centre
11:00:00	11:55:00	*Tennis Fitness	Tennis Court 1
11:15:00	12:00:00	*Aqua jogging	South Pool
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
12:00:00	12:55:00	*Badminton Instruction Beginners	North Hall
12:00:00	13:00:00	Hatha Yoga	Volcano
12:00:00	12:55:00	*Padel Tennis Intermediate	Padel Court 1
13:30:00	15:30:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
13:30:00	17:30:00	**Scuba Beach Dive Beginners +8 years	Dive Centre
14:00:00	16:00:00	*Badminton Tournament Advanced	North Hall
14:00:00	16:00:00	*Badminton Tournament Beginners	North Hall
14:00:00	14:30:00	Ultimate Abs	Volcano
14:00:00	15:00:00	*Windsurf Instruction Intermediate	Watersports Centre
14:15:00	15:45:00	*Pilates Reformer	Dance Studio
14:30:00	16:00:00	**Workshop – Women, How to stay sexy and vital after 40 w/Sally Walker	North Conference Centre
14:30:00	15:00:00	HIIT	Volcano
14:30:00	15:10:00	*Gymnastics, 6-10 years	South Hall
15:00:00	15:50:00	*Introduction to Boxing	Sports Booking
15:00:00	17:45:00	*Road Bike Tour Intermediate	Bike Centre
15:00:00	15:45:00	Stretch & Relax	Volcano
15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:00:00	15:45:00	*Tennis Instruction Beginners 6-15 years	Tennis Court 1
15:10:00	16:10:00	*Golf Instruction Short Game	Golf Area
15:15:00	15:55:00	*Gymnastics, 10-15 years	South Hall
15:15:00	16:00:00	*HIIT Swimming, min. 15 years	South Pool
15:30:00	20:00:00	**Wine & Tapas Tour	North Reception
15:45:00	16:30:00	*SUP Intermediate	Watersports Centre
16:00:00	16:50:00	*Boxing Intermediate	Sports Booking
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	16:50:00	*Step Beginners	Volcano
16:00:00	18:00:00	*Tennis Social Tournament, min. 20 years	Tennis Court 1
16:10:00	17:10:00	*TRX Beginners	TRX area/ Stadium
16:15:00	17:00:00	*Family Gymnastics 3-5 years	South Hall
16:20:00	17:00:00	*Golf instruction: Individual Swing School	Golf Area
16:30:00	18:00:00	*Swim Squad	South Pool
17:00:00	18:00:00	*BODYPUMP™	Volcano
17:00:00	17:30:00	*Family Gymnastics 0-3 years	South Hall
17:00:00	17:50:00	*Street Workout	Bar Park

17:10:00	18:05:00	*The Jukebox Cycling	Body Bike Room
17:10:00	18:00:00	Hill Run 8km (5min/km)	Stadium
17:15:00	17:55:00	*Golf Instruction Beginners	Golf Area
17:15:00	18:00:00	*TRX Intermediate	TRX area/ Stadium
18:00:00	18:50:00	*Ballroom Dancing	Dance Studio
18:00:00	19:00:00	Time Share Owner's meeting	Members Lounge
19:15:00	19:45:00	*Aerial Relaxation	Dance Studio
19:30:00	21:00:00	*Green Team FIFA Tournament, min. 13 years	Square

Activity Programme



Wednesday 23/01/2019

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:30:00	15:00:00	**Golf Tour Tías	Sports Booking
08:00:00	09:50:00	*Green Team Triathlon	Bike Centre
08:00:00	13:30:00	**Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	12:00:00	**Snorkel Safari Beginners +8 years	Dive Centre
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	09:40:00	*HIIT Cycling	Body Bike Room
09:00:00	10:50:00	*Introduction to CrossFit	CrossFit area/ Stadium
09:00:00	13:00:00	**Sea Kayak Tour Beginners	North Reception
09:00:00	10:00:00	*Football School 5-10y	Stadium
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
09:15:00	12:00:00	*Mountain Bike Tour Advanced - only for experienced bikers	Bike Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	14:00:00	**Volcano Walk - Wine Route	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	11:30:00	*Badminton Tournament 6-15 years	South Hall
10:00:00	10:55:00	BODYCOMBAT™	Volcano
10:00:00	12:00:00	*Beach Social tournament, min. 15 years	Beach Volley Court
10:00:00	16:30:00	**Catamaran Sailing	North Reception
10:00:00	11:00:00	*Football School 11-15y	Stadium
10:00:00	12:00:00	*Tennis Tournament Intermediate	Tennis Court 1
10:00:00	11:30:00	*Windsurf Instruction Beg. 10-15 years	Watersports Centre
10:10:00	11:00:00	*Swimming Intermediate Front Crawl	South Pool
10:10:00	11:10:00	*TRX Beginners	TRX area/ Stadium
11:00:00	11:50:00	Barefoot Fitness	Volcano
11:00:00	11:50:00	*CrossFit, beginners	CrossFit area/ Stadium
11:00:00	12:00:00	Children & Guest Show Individual Rehearsal	Square
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	*Core & Stretch for Seniors	Laguna
11:00:00	11:50:00	*Swimming Beginners Front Crawl	South Pool
11:15:00	12:00:00	*TRX Intermediate	TRX area/ Stadium
11:30:00	13:00:00	*Badminton Tournament Intermediate	South Hall
11:30:00	13:00:00	*Windsurf Instruction Beg. 10-15 years	Watersports Centre

	12:00:00	13:00:00	Children & Guest Show Individual Rehearsal	Square
	12:00:00	13:00:00	Yoga Flow	Volcano
	13:30:00	15:30:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
	13:30:00	17:30:00	**Scuba Beach Dive Beginners +8 years	Dive Centre
	14:00:00	14:45:00	*Fun Time: Rehearsal for Children & Guest show, 3-14 years	Square
	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	14:40:00	*Teens Circuit Fitness, 13-18 years	Fitness Centre
	14:00:00	16:00:00	*Tennis Tournament Advanced	Tennis Court 1
	14:00:00	16:00:00	*Tennis Tournament Beginners	Tennis Court 1
	14:15:00	15:15:00	*Aerial Strength	Dance Studio
	14:15:00	14:45:00	*Hula Hoop, min. 10 years	Volcano
	15:00:00	15:55:00	BODYJAM™	The Lawn
	15:00:00	15:50:00	*Fitball	Volcano
	15:00:00	15:50:00	*Fitness Boxing	Sports Booking
	15:00:00	17:00:00	Social Minigolf for teens (no instructor)	Sports Booking
	15:00:00	18:00:00	*Womens Road Bike Tour	Bike Centre
	15:00:00	15:30:00	*Swimming Intermediate Front Crawl, 6-15 years	South Pool
	15:00:00	16:00:00	*Windsurf Race Beginners	Watersports Centre
	15:30:00	16:00:00	*Swimming Beginners Front Crawl, 6-15 years	South Pool
	16:00:00	16:50:00	*Circuit Fusion	Boxing Ring
	16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
	16:00:00	16:45:00	*Release & Unwind	Volcano
	16:00:00	17:00:00	*Windsurf Race Advanced	Watersports Centre
	16:10:00	17:00:00	*Swimming Open Water Skills in the lagoon	Watersports Centre
	16:15:00	17:00:00	*Beat the parents, min. 10 years	5-a-side
	16:30:00	18:00:00	*Swim Squad	South Pool
	17:00:00	17:50:00	Aerobics, all levels	Volcano
	17:00:00	17:50:00	*CrossFit Rx, intermediate	CrossFit area/ Stadium
	17:00:00	18:15:00	Off-road Run 12km (5.30 min/km)	Stadium
	17:10:00	18:05:00	*Power Cycling	Body Bike Room
	18:15:00	18:45:00	*Aerial Relaxation	Dance Studio
	18:15:00	18:45:00	Diploma Ceremony	Square
	19:45:00	21:15:00	Handball: Denmark vs Sweden	Sports Café
	20:00:00	21:00:00	Children & Guest Show	Square
	20:00:00	21:00:00	**SAUNAGUS	Wellness Centre entrance
	22:00:00	23:55:00	Discotheque CLS Arena	Discotheque CLS Arena
	22:00:00	23:59:00	Karaoke for everyone	Discotheque CLS Arena

Activity Programme



Thursday 24/01/2019

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	**Sunrise Openwater Swim Ironman route (20€)	North Reception
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	09:00:00	Morningrun Offroad 8km	Stadium
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:15:00	12:00:00	*Road Bike Tour Advanced	Bike Centre
08:45:00	09:15:00	Bus/Taxi transfer to the Airport	North Reception
09:00:00	09:50:00	*6D™ SLIDING	Dance Studio
09:00:00	10:50:00	*CrossFit Team WOD	CrossFit area/ Stadium
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	09:50:00	Pilates, all levels	Volcano
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	10:50:00	*Introduction to Boxing	Sports Booking
10:00:00	10:50:00	*Step Intermediate	Volcano
10:00:00	10:45:00	*Swimming Competitive Turns	South Pool
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	*Young Time: Fitness & Tennis, 10-15 years	Tennis Court 1
10:45:00	11:30:00	*Swimming Butterfly for adults	South Pool
11:00:00	11:50:00	*Body toning	Volcano
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	*Street Workout	Bar Park
11:30:00	12:00:00	*Swimming: Beginners Butterfly, 10-15 years	South Pool
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
11:45:00	12:15:00	Bus/Taxi transfer to the Airport	North Reception
12:00:00	13:00:00	Hatha Yoga	Volcano
14:00:00	16:00:00	*Padel Tennis Tournament, min. 20 years	Padel Court 1
14:00:00	14:30:00	Ultimate Abs	Volcano
14:00:00	15:00:00	*Windsurf Instruction Intermediate	Watersports Centre
14:15:00	15:15:00	*Fun Time: Ball games, 3-5 years	Play Time
14:30:00	15:00:00	HIIT	Volcano
15:00:00	15:50:00	*Introduction to Barbell Training, class 3	Fitness Centre
15:00:00	15:50:00	*TRX for Seniors	TRX area/ Stadium
15:00:00	15:45:00	Stretch & Relax	Volcano
15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre

	15:00:00	15:55:00	*Tennis Instruction Beginners	Tennis Court 1
	15:15:00	16:00:00	*HIIT Swimming, min. 15 years	South Pool
	15:30:00	16:30:00	*Fun Time: Ball games, 6-10 years	Play Time
	15:45:00	16:30:00	*Stand Up Paddle 10-15 years	Watersports Centre
	16:00:00	16:50:00	*Introduction to bouldering, min. 15 years	Bouldering Room
	16:00:00	17:00:00	*BODYPUMP™	Volcano
	16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
	16:00:00	16:55:00	*Tennis Instruction Intermediate-Advanced	Tennis Court 1
	16:10:00	17:10:00	*TRX Beginners	TRX area/ Stadium
	16:30:00	18:00:00	*Swim Squad	South Pool
	17:00:00	17:50:00	Dance	Dance Studio
	17:00:00	17:45:00	*Tennis Instruction Beginners 6-15 years	Tennis Court 1
	17:00:00	18:00:00	*Young Time: Team Beach Volley, 10-15 years	Beach Volley Court
	17:15:00	18:05:00	BODYATTACK™	Volcano
	17:15:00	18:00:00	*TRX Intermediate	TRX area/ Stadium
	18:10:00	19:05:00	*The Jukebox Cycling	Body Bike Room
	18:30:00	19:00:00	*Aerial Relaxation	Dance Studio
	19:30:00	21:00:00	Live Music in Restaurant El Lago	Restaurant El Lago
	20:00:00	22:00:00	Live Music at the square	Square

Activity Programme



Friday 25/01/2019

*sign up **sign up and pay

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	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:15:00	09:30:00	*Open Water Morning Swim	Watersports Centre
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	09:45:00	Information tour in English	Sports Booking
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
09:00:00	09:50:00	*TRX Fusion	Bar Park
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	12:00:00	*Coffee Ride	Bike Centre
09:45:00	10:15:00	Bus transfer to the Airport (Billund)	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	10:50:00	*CrossFit, beginners	CrossFit area/ Stadium
10:00:00	10:25:00	*Power Legs & Glutes	Volcano
10:00:00	10:55:00	*Tennis Instruction Intermediate-Advanced	Tennis Court 1
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:15:00	11:00:00	*Aqua jogging	South Pool
10:30:00	11:00:00	HIIT	Volcano
11:00:00	11:50:00	*CrossFit Rx, intermediate	CrossFit area/ Stadium
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:45:00	*Swimming: Fins & Paddles	South Pool
11:00:00	11:30:00	Bus/Taxi transfer to the Airport	North Reception
11:15:00	12:05:00	Power & Strength, all levels	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	Stretch & Relax	Volcano
14:00:00	15:45:00	*Fun Time: Baking Day, 3-10 years	Play Time
14:00:00	14:30:00	Bus/Taxi transfer to the Airport	North Reception
14:00:00	15:00:00	*Windsurf Instruction Refresher	Watersports Centre
15:00:00	16:30:00	*Windsurf Instruction Beginners	Watersports Centre
15:15:00	15:45:00	Ultimate Abs	Volcano
15:30:00	17:15:00	*Mountain Bike Tour Beginners	Bike Centre
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	16:50:00	Zumba®	Volcano

16:10:00	17:10:00	*TRX Beginners	TRX area/ Stadium
16:30:00	18:00:00	*Swim Squad	South Pool
17:00:00	17:55:00	BODYCOMBAT™	Volcano
17:00:00	18:15:00	Information tour in Danish	Sports Booking
17:10:00	18:10:00	*Base Camp Cycling	Body Bike Room
17:15:00	18:00:00	*TRX Intermediate	TRX area/ Stadium
18:10:00	19:05:00	*Power Cycling	Body Bike Room
19:00:00	21:00:00	*Social Indoor Volley Tournament	North Hall

Activity Programme



Saturday 26/01/2019

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	*Hydrophobia Swimming	Wellness Centre entrance
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	09:40:00	*HIIT Cycling	Body Bike Room
09:00:00	10:50:00	*Introduction to CrossFit	CrossFit area/ Stadium
09:00:00	12:00:00	**PADI Open Water Dive Course +12 years	Dive Centre
09:00:00	11:00:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
09:00:00	10:00:00	*Football School 11-15y	Stadium
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	12:00:00	*Womens Road Bike Tour	Bike Centre
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	11:00:00	*Tennis Tournament Beginners 6-15 years	Tennis Court 1
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	10:45:00	*Aqua jogging	South Pool
10:00:00	10:50:00	Dance	Volcano
10:00:00	11:00:00	*Football School 5-10y	Stadium
10:00:00	10:45:00	*Racketball Introduction	Squash Court 1
10:00:00	10:45:00	*Intro to Fitness for Seniors	Fitness Centre
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:10:00	10:50:00	*Golf Instruction Beginners	Golf Area
10:10:00	11:10:00	*TRX Beginners	TRX area/ Stadium
10:30:00	11:30:00	*Young Time: "Break the ice" activities, 10-15 years	5-a-side
10:45:00	11:30:00	*Swimming Backstroke for adults	South Pool
11:00:00	11:50:00	*Body toning	Volcano
11:00:00	11:50:00	*CrossFit Rx, intermediate	CrossFit area/ Stadium
11:00:00	11:40:00	*Golf Instruction Beginners	Golf Area
11:00:00	11:55:00	*Padel Tennis Intro	Padel Court 1
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	13:00:00	*Tennis Social Tournament, min. 20 years	Tennis Court 1
11:15:00	12:00:00	*TRX Intermediate	TRX area/ Stadium
11:30:00	12:00:00	*Swimming Backstroke Beginners 6-15 years	South Pool
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
11:50:00	12:30:00	*Golf instruction: Individual Swing School	Golf Area

	12:00:00	13:00:00	Hatha Yoga	Volcano
	13:30:00	15:30:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
	13:30:00	15:30:00	**Horseback Riding	North Reception
	14:00:00	17:00:00	**Volcano Walk	Sports Booking
	14:00:00	16:00:00	*Padel Tennis Tournament, min. 20 years	Padel Court 1
	14:00:00	14:30:00	Ultimate Abs	Volcano
	14:00:00	15:00:00	*Windsurf Instruction Refresher	Watersports Centre
	14:15:00	15:15:00	*Fun Time: Treasure Hunt, 3-5 years	Play Time
	14:30:00	15:00:00	HIIT	Volcano
	15:00:00	17:00:00	*Badminton Social Tournament, min. 20 years	North Hall
	15:00:00	15:55:00	*Introduction to road cycling	Bike Centre
	15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
	15:00:00	15:40:00	*Rowing Challenge Teens 1000m, 13-18 years	Fitness Centre
	15:15:00	16:00:00	Stretch & Relax	Volcano
	15:30:00	16:40:00	*Fun Time: Treasure Hunt, 6-10 years	Play Time
	15:30:00	16:10:00	*Gymnastics, 6-10 years	South Hall
	15:45:00	16:30:00	*SUP Intermediate	Watersports Centre
	16:00:00	16:45:00	*Kettlebell training, all levels	Bar Park
	16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
	16:00:00	17:00:00	*Golf Putting Competition	Putting Green
	16:00:00	17:45:00	*Road Bike Tour Beginners	Bike Centre
	16:00:00	16:55:00	*Tennis Fitness	Tennis Court 1
	16:10:00	16:50:00	*Gymnastics, 10-15 years	South Hall
	16:15:00	16:45:00	*Deep Water Aqua	North Pool
	16:30:00	18:00:00	*Intervals - Road Bike	Bike Centre
	16:30:00	17:00:00	*Step Introduction	Volcano
	16:30:00	18:00:00	*Swim Squad	South Pool
	16:50:00	17:30:00	*Gymnastics, min. 15 years	South Hall
	17:00:00	18:00:00	*Golf Competition Longest Drive	Golf Area
	17:00:00	17:50:00	*Step Beginners	Volcano
	17:10:00	18:00:00	*FTP Step Test Cycling	Body Bike Room
	17:10:00	18:00:00	*Street Workout	Bar Park
	17:15:00	19:00:00	*5 & 10k Race	Stadium
	17:15:00	19:00:00	*Table Tennis Tournament	Table Tennis Room
	17:15:00	17:45:00	*Trampoline Fitness, min 10 years	The Lawn
	18:00:00	18:50:00	*Ballroom Dancing	Dance Studio
	18:10:00	19:05:00	*Power Cycling	Body Bike Room
	19:00:00	21:00:00	*Football Tournament, min. 15 years	5-a-side
	20:00:00	21:00:00	Live Show	Square
	23:00:00	23:55:00	Discotheque CLS Arena	Discotheque CLS Arena

Activity Programme



Sunday 27/01/2019

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:00:00	07:30:00	Bus/Taxi transfer to the Airport	North Reception
08:00:00	13:30:00	**Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	09:30:00	*Pilates Reformer	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:15:00	09:30:00	*Open Water Morning Swim	Watersports Centre
09:00:00	10:00:00	*Bleep Test	Stadium
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	09:50:00	*CrossFit, beginners	CrossFit area/ Stadium
09:00:00	11:00:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
09:00:00	13:00:00	**Teguisse Market	North Reception
09:00:00	09:50:00	*Fitness Boxing	Sports Booking
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
09:00:00	09:45:00	*Tennis Instruction Beginners 6-10 years	Tennis Court 1
09:15:00	09:55:00	*Golf instruction: Individual Swing School	Golf Area
09:15:00	12:00:00	*Road Bike Tour Intermediate	Bike Centre
09:15:00	09:45:00	*Trampoline Fitness, min 10 years	The Lawn
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	10:55:00	Gotvedgymnastik for alle m/ gæsteinstruktør Henriette Bolt (in Danish)	5-a-side
10:00:00	10:50:00	BODYATTACK™	Volcano
10:00:00	10:50:00	*CrossFit Rx, intermediate	CrossFit area/ Stadium
10:00:00	10:50:00	*Introduction to Boxing	Sports Booking
10:00:00	10:50:00	*Pulsing Barre™	The Lawn
10:00:00	10:45:00	*Tennis Instruction Beginners 11-15 year	Tennis Court 1
10:00:00	11:30:00	*Windsurf Instruction Beg. 10-15 years	Watersports Centre
10:10:00	10:50:00	*Golf Instruction Beginners	Golf Area
10:10:00	11:00:00	*Swimming Intermediate Front Crawl	South Pool
10:15:00	11:00:00	*Padel Tennis Beginners 6-10 years	Padel Court 1
11:00:00	11:50:00	Ballroom Fitness™	The Lawn
11:00:00	12:00:00	*BODYPUMP™	Volcano
11:00:00	11:50:00	*Circuit Fusion	Boxing Ring
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	12:00:00	*Golf Instruction Short Game	Golf Area

	11:00:00	11:50:00	*Swimming Beginners Front Crawl	South Pool
	11:00:00	11:55:00	*Tennis Instruction Intermediate-Advanced	Tennis Court 1
	11:05:00	12:00:00	*Fitness Introduction	Fitness Centre
	11:15:00	12:00:00	*Padel Tennis Beginners 11-15 years	Padel Court 1
	11:30:00	13:00:00	*Windsurf Instruction Beg. 10-15 years	Watersports Centre
	12:00:00	13:00:00	*Padel Tennis Tournament Children, 6-15 years	Padel Court 1
	12:00:00	12:30:00	*Swimming Intermediate Front Crawl, 6-15 years	South Pool
	12:00:00	12:55:00	*Tennis Instruction Beginners	Tennis Court 1
	12:15:00	13:00:00	*Golf, 10-15 years	Golf Area
	12:15:00	13:00:00	Stretch & Relax	Volcano
	12:30:00	13:00:00	*Swimming Beginners Front Crawl, 6-15 years	South Pool
	13:30:00	15:30:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
	13:30:00	17:30:00	**Snorkel Safari Beginners +8 years	Dive Centre
	14:00:00	16:00:00	*Tennis Women´s Only Doubles	Tennis Court 1
	14:15:00	15:15:00	*Aerial Strength	Dance Studio
	14:15:00	15:30:00	*Fun Time: Beach & Surf Day, 3-10 years	Watersports Centre
	14:15:00	14:45:00	*Hula Hoop, min. 10 years	Volcano
	15:00:00	17:00:00	*Beach Volley Tournament	Beach Volley Court
	15:00:00	17:00:00	Egg Throwing and Bolas Tournament	Beach Volley Court
	15:00:00	15:50:00	*Fitball	Volcano
	15:00:00	17:45:00	*Mountain Bike Tour Advanced - only for experienced bikers	Bike Centre
	15:00:00	15:55:00	*Crawl and Triathlon Swim Technique Advanced	South Pool
	15:10:00	15:40:00	*Golf Introduction to Trackman	Golf Area
	15:10:00	16:00:00	*TRX for Seniors	TRX area/ Stadium
	15:15:00	16:00:00	*Squash Instruction Beginners 6-15 years	Squash Court 1
	15:45:00	16:45:00	*Young Time: Surf & Beach day, 10-15 years	Watersports Centre
	15:50:00	16:20:00	*Golf Introduction to Trackman	Golf Area
	16:00:00	16:50:00	*Introduction to Barbell Training, class 1	Fitness Centre
	16:00:00	16:55:00	BODYJAM™	The Lawn
	16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
	16:00:00	16:45:00	*Release & Unwind	Volcano
	16:00:00	16:55:00	*Squash Instruction Beginners, min. 15 years	Squash Court 1
	16:10:00	17:10:00	*TRX Beginners	TRX area/ Stadium
	16:30:00	17:00:00	*Golf Introduction to Trackman	Golf Area
	16:30:00	18:00:00	*Swim Squad	South Pool
	17:00:00	19:00:00	*Padel tennis tournament, intermediate/advanced (no instructor)	Padel Court 1
	17:00:00	17:45:00	Running School	Stadium
	17:00:00	17:55:00	*Squash Instruction Intermediate, min. 15 years	Squash Court 1
	17:10:00	18:10:00	*Base Camp Cycling	Body Bike Room
	17:15:00	18:05:00	*Step Intermediate	Volcano

17:15:00	18:00:00	*TRX Intermediate	TRX area/ Stadium
17:45:00	18:30:00	Track Session	Stadium
18:10:00	19:05:00	*The Jukebox Cycling	Body Bike Room
18:15:00	18:45:00	*Aerial Relaxation	Dance Studio
18:15:00	19:00:00	*Rowing Challenge Concept II 2000m	Fitness Centre
19:30:00	21:00:00	Live Music in Restaurant El Lago	Restaurant El Lago
20:00:00	21:00:00	**SAUNAGUS	Wellness Centre entrance

Activity Programme



Monday 28/01/2019

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	**Sunrise Openwater Swim Ironman route (20€)	North Reception
08:00:00	09:50:00	*Green Team Duathlon	Bike Centre
08:00:00	13:30:00	**Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	12:00:00	**Snorkel Safari Beginners +8 years	Dive Centre
08:00:00	15:30:00	**Golf Tour at Costa Teguisse	Sports Booking
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	09:30:00	*Pilates Reformer	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	10:50:00	*Introduction to CrossFit	CrossFit area/ Stadium
09:00:00	13:30:00	**Fire Mountains	North Reception
09:00:00	10:30:00	Football Tournament 11-15 years	5-a-side
09:00:00	09:50:00	*Swimming Open Water Skills in the Pool	North Pool
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	14:00:00	**Volcano Walk - Fire Route	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	10:50:00	Barefoot Fitness	Volcano
10:00:00	11:45:00	*Road Bike Tour Beginners	Bike Centre
10:00:00	11:00:00	*Squash Tournament Beginners 6-15	Squash Court 1
10:00:00	10:45:00	*Swimming Breaststroke for adults	South Pool
10:00:00	10:55:00	*Tennis Serve Beginners	Tennis Court 1
10:00:00	11:00:00	*Weight Training for Boys 13-18 years	Fitness Centre
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:10:00	11:10:00	*TRX Beginners	TRX area/ Stadium
10:30:00	12:00:00	Football Tournament 5-10 years	5-a-side
10:30:00	11:30:00	*Young Time: Post 40 Memory Run, 10-15 years	Beach Club
10:45:00	11:15:00	*Swimming Breaststroke Beginners 6-15 years	South Pool
11:00:00	11:50:00	*CrossFit Rx, intermediate	CrossFit area/ Stadium
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	13:00:00	*Squash Tournament Advanced	Squash Court 1
11:00:00	13:00:00	*Squash Tournament Beginners	Squash Court 1
11:00:00	13:00:00	*Squash Tournament Intermediate	Squash Court 1
11:00:00	11:55:00	*Tennis serve Intermediate - Advanced	Tennis Court 1

	11:00:00	11:50:00	Zumba®	Volcano
	11:15:00	12:00:00	*Aqua jogging	South Pool
	11:15:00	12:00:00	*TRX Intermediate	TRX area/ Stadium
	11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
	12:00:00	12:50:00	*6D™ SLIDING	Dance Studio
	12:00:00	13:00:00	*Football Tournament, min. 15 years	5-a-side
	12:00:00	13:00:00	Yoga Flow	Volcano
	13:30:00	15:30:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
	13:30:00	17:30:00	**Scuba Beach Dive Beginners +8 years	Dive Centre
	14:00:00	16:00:00	*Racketball tournament, all levels	Squash Court 1
	14:00:00	15:00:00	*Body Sculpting for Girls 13-18 years	Fitness Centre
	14:00:00	14:50:00	*Green Team Aquathlon	South Pool
	14:00:00	17:00:00	**Go-Karting	North Reception
	14:00:00	15:30:00	*Fun Time: Olympic Day & Diploma ceremony, 3-10 years	Play Time
	14:00:00	14:55:00	*Tennis Instruction Beginners	Tennis Court 1
	14:00:00	14:30:00	Ultimate Abs	Volcano
	14:00:00	15:00:00	*Windsurf Instruction Intermediate	Watersports Centre
	14:15:00	15:15:00	*Aerial Stretch	Dance Studio
	14:30:00	14:55:00	*Power Legs & Glutes	Volcano
	15:00:00	15:50:00	*Fitness Boxing	Sports Booking
	15:00:00	15:55:00	*Introduction to road cycling	Bike Centre
	15:00:00	15:50:00	*Neck/Shoulders & Stretch for Seniors	5-a-side
	15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
	15:00:00	15:55:00	*Tennis Doubles Tactics	Tennis Court 1
	15:05:00	15:50:00	Stretch & Relax	Volcano
	15:15:00	16:00:00	*Swimming: Fins & Paddles	South Pool
	15:45:00	16:30:00	*Stand Up Paddle 10-15 years	Watersports Centre
	16:00:00	16:50:00	Aerobics, all levels	The Lawn
	16:00:00	18:00:00	*Hill Reps - Road Bike	Bike Centre
	16:00:00	16:50:00	*CrossFit, beginners	CrossFit area/ Stadium
	16:00:00	16:45:00	*Kettlebell training, all levels	Bar Park
	16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
	16:00:00	16:50:00	Pilates, all levels	Volcano
	16:00:00	16:55:00	*Beat the Green Team - Tennis (advanced)	Tennis Court 1
	16:15:00	16:45:00	*Deep Water Aqua	North Pool
	16:30:00	18:00:00	*Swim Squad	South Pool
	17:00:00	17:55:00	BODYCOMBAT™	Volcano
	17:00:00	17:50:00	*Introduction to bouldering, min. 15 years	Bouldering Room
	17:00:00	19:00:00	*Tennis Men's Only Doubles	Tennis Court 1
	17:00:00	17:50:00	*TRX Fusion	Bar Park

17:10:00	18:05:00	*Power Cycling	Body Bike Room
21:00:00	22:00:00	Green Team Show	Square
23:00:00	23:55:00	Discotheque CLS Arena	Discotheque CLS Arena

Activity Programme



Tuesday 29/01/2019

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:30:00	14:00:00	**Excursion: La Graciosa tour	North Reception
08:00:00	10:30:00	*Half Marathon	Stadium
08:00:00	13:30:00	**Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	12:00:00	**Snorkel Safari Beginners +8 years	Dive Centre
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	09:15:00	*Aerial Stretch	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:15:00	12:00:00	*Road Bike Tour Advanced	Bike Centre
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	09:45:00	Mobility, all levels	Volcano
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:15:00	14:45:00	**Rancho Texas Theme Park	North Reception
09:15:00	14:45:00	**Beach & Shopping in Puerto del Carmen	North Reception
09:15:00	09:45:00	*Trampoline Fitness, min 10 years	The Lawn
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	10:50:00	Fitness Football for men	5-a-side
10:00:00	10:30:00	*Flip'n'Fun, 6-10 years	South Pool
10:00:00	10:50:00	Power & Strength, all levels	Volcano
10:00:00	10:50:00	*Pulsing Barre™	The Lawn
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:10:00	10:50:00	*Golf Instruction Beginners	Golf Area
10:15:00	11:00:00	*Badminton Instruction Beginners 6-15 years	North Hall
10:30:00	11:00:00	*Flip'n'Fun, 11-15 years	South Pool
11:00:00	11:55:00	*Badminton Instruction Intermediate	North Hall
11:00:00	11:50:00	Ballroom Fitness™	The Lawn
11:00:00	11:50:00	Fitness Football for women	5-a-side
11:00:00	11:40:00	*Golf Instruction Beginners	Golf Area
11:00:00	11:55:00	*Padel Tennis Intro	Padel Court 1
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	Pilates, all levels	Volcano
11:00:00	11:55:00	*SUP Fitness	Watersports Centre
11:00:00	11:55:00	*Tennis Fitness	Tennis Court 1
11:15:00	12:00:00	*Aqua jogging	South Pool
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre

	11:50:00	12:30:00	*Golf instruction: Individual Swing School	Golf Area
	12:00:00	12:55:00	*Badminton Instruction Beginners	North Hall
	12:00:00	13:00:00	Hatha Yoga	Volcano
	12:00:00	12:55:00	*Padel Tennis Intermediate	Padel Court 1
	13:30:00	15:30:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
	13:30:00	17:30:00	**Scuba Beach Dive Beginners +8 years	Dive Centre
	14:00:00	16:00:00	*Badminton Tournament Advanced	North Hall
	14:00:00	16:00:00	*Badminton Tournament Beginners	North Hall
	14:00:00	14:30:00	Ultimate Abs	Volcano
	14:00:00	15:00:00	*Windsurf Instruction Intermediate	Watersports Centre
	14:15:00	15:45:00	*Pilates Reformer	Dance Studio
	14:30:00	15:15:00	*Family Gymnastics 3-5 years	South Hall
	14:30:00	15:00:00	HIIT	Volcano
	15:00:00	15:50:00	*Introduction to Boxing	Sports Booking
	15:00:00	17:45:00	*Road Bike Tour Intermediate	Bike Centre
	15:00:00	15:45:00	Stretch & Relax	Volcano
	15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
	15:00:00	15:45:00	*Tennis Instruction Beginners 6-15 years	Tennis Court 1
	15:15:00	15:45:00	*Family Gymnastics 0-3 years	South Hall
	15:15:00	16:15:00	*Golf Instruction Short Game	Golf Area
	15:15:00	15:45:00	*Introduction to Slackline	Watersports Centre
	15:15:00	16:00:00	*HIIT Swimming, min. 15 years	South Pool
	15:30:00	20:00:00	**Wine & Tapas Tour	North Reception
	15:45:00	16:30:00	*SUP Intermediate	Watersports Centre
	16:00:00	16:50:00	*Introduction to Barbell Training, class 2	Fitness Centre
	16:00:00	16:50:00	*Boxing Intermediate	Sports Booking
	16:00:00	16:40:00	*Gymnastics, 6-10 years	South Hall
	16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
	16:00:00	16:50:00	*Step Beginners	Volcano
	16:00:00	18:00:00	*Tennis Social Tournament, min. 20 years	Tennis Court 1
	16:10:00	17:10:00	*TRX Beginners	TRX area/ Stadium
	16:20:00	17:00:00	*Golf instruction: Individual Swing School	Golf Area
	16:30:00	18:00:00	*Swim Squad	South Pool
	16:45:00	17:25:00	*Gymnastics, 10-15 years	South Hall
	17:00:00	17:50:00	*Introduction to bouldering, min. 15 years	Bouldering Room
	17:00:00	18:00:00	*BODYPUMP™	Volcano
	17:00:00	17:50:00	*Street Workout	Bar Park
	17:10:00	18:05:00	*The Jukebox Cycling	Body Bike Room
	17:10:00	18:00:00	Hill Run 8km (5min/km)	Stadium
	17:15:00	17:55:00	*Golf Instruction Beginners	Golf Area
	17:15:00	18:00:00	*TRX Intermediate	TRX area/ Stadium

18:00:00	19:00:00	Time Share Owner's meeting	Members Lounge
20:30:00	23:59:00	4 Stage MTB Race Award ceremony	Square

Activity Programme



Wednesday 30/01/2019

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:30:00	15:00:00	**Golf Tour Tías	Sports Booking
08:00:00	09:50:00	*Green Team Triathlon	Bike Centre
08:00:00	13:30:00	**Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	12:00:00	**Snorkel Safari Beginners +8 years	Dive Centre
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
09:00:00	09:55:00	BODYBALANCE™	5-a-side
09:00:00	09:40:00	*HIIT Cycling	Body Bike Room
09:00:00	09:50:00	*CrossFit, beginners	Fitness Centre
09:00:00	13:00:00	**Sea Kayak Tour Beginners	North Reception
09:00:00	10:00:00	*Football School 5-10y	Stadium
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
09:15:00	12:00:00	*Mountain Bike Tour Advanced - only for experienced bikers	Bike Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	14:00:00	**Volcano Walk - Wine Route	North Reception
09:30:00	10:00:00	Bus/Taxi transfer to the Airport	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	11:30:00	*Badminton Tournament 6-15 years	North Hall
10:00:00	10:55:00	BODYCOMBAT™	5-a-side
10:00:00	12:00:00	*Beach Social tournament, min. 15 years	Beach Volley Court
10:00:00	11:50:00	*Introduction to CrossFit	Fitness Centre
10:00:00	16:30:00	**Catamaran Sailing	North Reception
10:00:00	11:00:00	*Football School 11-15y	Stadium
10:00:00	12:00:00	*Tennis Tournament Intermediate	Tennis Court 1
10:00:00	11:30:00	*Windsurf Instruction Beg. 10-15 years	Watersports Centre
10:10:00	11:00:00	*Swimming Intermediate Front Crawl	South Pool
10:10:00	11:10:00	*TRX Beginners	The Lawn
10:30:00	12:00:00	**Workshop – Women, How to stay sexy and vital after 40 w/Sally Walker	North Conference Centre
11:00:00	11:50:00	Barefoot Fitness	5-a-side
11:00:00	12:00:00	Children & Guest Show Individual Rehearsal	Square
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	*Core & Stretch for Seniors	Laguna
11:00:00	11:50:00	*Swimming Beginners Front Crawl	South Pool
11:15:00	12:00:00	*TRX Intermediate	The Lawn

	11:30:00	13:00:00	*Badminton Tournament Intermediate	North Hall
	11:30:00	13:00:00	*Windsurf Instruction Beg. 10-15 years	Watersports Centre
	12:00:00	13:00:00	Children & Guest Show Individual Rehearsal	Square
	12:00:00	12:30:00	Bus/Taxi transfer to the Airport	North Reception
	12:00:00	13:00:00	Yoga Flow	5-a-side
	13:30:00	15:30:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
	13:30:00	17:30:00	**Scuba Beach Dive Beginners +8 years	Dive Centre
	14:00:00	14:45:00	*Fun Time: Rehearsal for Children & Guest show, 3-14 years	Square
	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	14:40:00	*Teens Circuit Fitness, 13-18 years	Fitness Centre
	14:00:00	16:00:00	*Tennis Tournament Advanced	Tennis Court 1
	14:00:00	16:00:00	*Tennis Tournament Beginners	Tennis Court 1
	14:15:00	15:15:00	*Aerial Strength	Dance Studio
	14:15:00	14:45:00	*Hula Hoop, min. 10 years	Volcano
	14:30:00	15:30:00	**Body Shape and Age Profile w/Sally Walker	North Conference Centre
	15:00:00	15:55:00	BODYJAM™	The Lawn
	15:00:00	15:50:00	*Fitball	Volcano
	15:00:00	15:50:00	*Fitness Boxing	Sports Booking
	15:00:00	17:00:00	Social Minigolf for teens (no instructor)	Sports Booking
	15:00:00	18:00:00	*Womens Road Bike Tour	Bike Centre
	15:00:00	15:30:00	*Swimming Intermediate Front Crawl, 6-15 years	South Pool
	15:00:00	16:00:00	*Windsurf Race Beginners	Watersports Centre
	15:30:00	16:00:00	*Swimming Beginners Front Crawl, 6-15 years	South Pool
	16:00:00	16:50:00	*Circuit Fusion	Boxing Ring
	16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
	16:00:00	16:45:00	*Release & Unwind	Volcano
	16:00:00	17:00:00	*Windsurf Race Advanced	Watersports Centre
	16:10:00	17:00:00	*Swimming Open Water Skills in the lagoon	Watersports Centre
	16:15:00	17:00:00	*Beat the parents, min. 10 years	The Lawn
	16:30:00	18:00:00	*Swim Squad	South Pool
	17:00:00	17:50:00	Aerobics, all levels	Volcano
	17:00:00	17:50:00	*CrossFit Rx, intermediate	Fitness Centre
	17:00:00	18:15:00	Off-road Run 12km (5.30 min/km)	Stadium
	17:10:00	18:05:00	*Power Cycling	Body Bike Room
	18:15:00	18:45:00	*Aerial Relaxation	Dance Studio
	18:15:00	18:45:00	Diploma Ceremony	Square
	20:00:00	21:00:00	Children & Guest Show	Square
	20:00:00	21:00:00	**SAUNAGUS	Wellness Centre entrance
	22:00:00	23:55:00	Discotheque CLS Arena	Discotheque CLS Arena
	22:00:00	23:59:00	Karaoke for everyone	Discotheque CLS Arena

Activity Programme



Thursday 31/01/2019

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	**Sunrise Openwater Swim Ironman route (20€)	North Reception
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	09:00:00	Morningrun Offroad 8km	Stadium
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:15:00	12:00:00	*Road Bike Tour Advanced	Bike Centre
09:00:00	09:50:00	*6D™ SLIDING	Dance Studio
09:00:00	10:50:00	*CrossFit Team WOD	Fitness Centre
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	09:50:00	Pilates, all levels	Volcano
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	10:50:00	*Introduction to Boxing	Sports Booking
10:00:00	10:50:00	*Step Intermediate	Volcano
10:00:00	10:45:00	*Swimming Competitive Turns	South Pool
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	*Young Time: Fitness & Tennis, 10-15 years	Tennis Court 1
10:45:00	11:30:00	*Swimming Butterfly for adults	South Pool
11:00:00	11:50:00	*Body toning	Volcano
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	*Street Workout	Bar Park
11:30:00	12:00:00	*Swimming: Beginners Butterfly, 10-15 years	South Pool
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
12:00:00	13:00:00	Hatha Yoga	Volcano
14:00:00	16:00:00	*Padel Tennis Tournament, min. 20 years	Padel Court 1
14:00:00	14:30:00	Ultimate Abs	Volcano
14:00:00	15:00:00	*Windsurf Instruction Intermediate	Watersports Centre
14:15:00	15:15:00	*Fun Time: Ball games, 3-5 years	Play Time
14:30:00	15:00:00	HIIT	Volcano
15:00:00	15:50:00	*Introduction to Barbell Training, class 3	Fitness Centre
15:00:00	16:45:00	*Mountain Bike Tour Beginners	Bike Centre
15:00:00	15:45:00	Stretch & Relax	Volcano
15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:00:00	15:55:00	*Tennis Instruction Beginners	Tennis Court 1
15:15:00	16:00:00	*HIIT Swimming, min. 15 years	South Pool

15:30:00	16:30:00	*Fun Time: Ball games, 6-10 years	Play Time
15:45:00	16:30:00	*Stand Up Paddle 10-15 years	Watersports Centre
16:00:00	17:00:00	*BODYPUMP™	Volcano
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	16:55:00	*Tennis Instruction Intermediate-Advanced	Tennis Court 1
16:10:00	17:10:00	*TRX Beginners	The Lawn
16:30:00	18:00:00	*Swim Squad	South Pool
17:00:00	17:45:00	*Tennis Instruction Beginners 6-15 years	Tennis Court 1
17:00:00	18:00:00	*Young Time: Team Beach Volley, 10-15 years	Beach Volley Court
17:15:00	18:05:00	BODYATTACK™	Volcano
17:15:00	18:05:00	Dance	Dance Studio
17:15:00	18:00:00	*TRX Intermediate	The Lawn
18:10:00	19:05:00	*The Jukebox Cycling	Body Bike Room
18:30:00	19:00:00	*Aerial Relaxation	Dance Studio
19:30:00	21:00:00	Live Music in Restaurant El Lago	Restaurant El Lago
20:00:00	22:00:00	Live Music at the square	Square

Activity Programme



Friday 01/02/2019

*sign up **sign up and pay

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	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:15:00	09:30:00	*Open Water Morning Swim	Watersports Centre
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	09:45:00	Information tour in English	Sports Booking
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	12:00:00	*Coffee Ride	Bike Centre
09:45:00	10:15:00	Bus transfer to the Airport (Billund)	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	10:25:00	*Power Legs & Glutes	Volcano
10:00:00	10:55:00	*Tennis Instruction Intermediate-Advanced	Tennis Court 1
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:15:00	11:00:00	*Aqua jogging	South Pool
10:30:00	11:00:00	HIIT	Volcano
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:45:00	*Swimming: Fins & Paddles	South Pool
11:15:00	12:05:00	Power & Strength, all levels	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	Stretch & Relax	Volcano
14:00:00	15:45:00	*Fun Time: Baking Day, 3-10 years	Play Time
14:00:00	15:00:00	*Windsurf Instruction Refresher	Watersports Centre
15:00:00	16:30:00	*Windsurf Instruction Beginners	Watersports Centre
15:15:00	15:45:00	Ultimate Abs	Volcano
15:30:00	17:15:00	*Mountain Bike Tour Beginners	Bike Centre
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	16:50:00	Zumba®	Volcano
16:10:00	17:10:00	*TRX Beginners	The Lawn
16:30:00	18:00:00	*Swim Squad	South Pool
17:00:00	17:55:00	BODYCOMBAT™	Volcano
17:00:00	18:15:00	Information tour in Danish	Sports Booking
17:10:00	18:10:00	*Base Camp Cycling	Body Bike Room

17:15:00	18:00:00	*TRX Intermediate	The Lawn
18:10:00	19:05:00	*Power Cycling	Body Bike Room
19:00:00	21:00:00	*Social Indoor Volley Tournament	North Hall

Activity Programme



Saturday 02/02/2019

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	*Hydrophobia Swimming	Wellness Centre entrance
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	09:40:00	*HIIT Cycling	Body Bike Room
09:00:00	09:50:00	*CrossFit Rx, intermediate	Fitness Centre
09:00:00	12:00:00	**PADI Open Water Dive Course +12 years	Dive Centre
09:00:00	11:00:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
09:00:00	10:00:00	*Football School 11-15y	Stadium
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	12:00:00	*Womens Road Bike Tour	Bike Centre
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	11:00:00	*Tennis Tournament Beginners 6-15 years	Tennis Court 1
09:15:00	10:45:00	*Pilates Reformer	Dance Studio
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	10:45:00	*Aqua jogging	South Pool
10:00:00	11:50:00	*Introduction to CrossFit	Fitness Centre
10:00:00	10:50:00	Dance	Volcano
10:00:00	11:00:00	*Football School 5-10y	Stadium
10:00:00	10:45:00	*Racketball Introduction	Squash Court 1
10:00:00	10:45:00	*Intro to Fitness for Seniors	Fitness Centre
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:10:00	10:50:00	*Golf Instruction Beginners	Golf Area
10:10:00	11:10:00	*TRX Beginners	The Lawn
10:30:00	11:30:00	*Young Time: "Break the ice" activities, 10-15 years	5-a-side
10:45:00	11:30:00	*Swimming Backstroke for adults	South Pool
11:00:00	11:50:00	*Body toning	Volcano
11:00:00	11:40:00	*Golf Instruction Beginners	Golf Area
11:00:00	11:55:00	*Padel Tennis Intro	Padel Court 1
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:55:00	*SUP Fitness	Watersports Centre
11:00:00	13:00:00	*Tennis Social Tournament, min. 20 years	Tennis Court 1
11:15:00	12:00:00	*TRX Intermediate	The Lawn
11:30:00	12:00:00	*Swimming Backstroke Beginners 6-15 years	South Pool

11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
11:50:00	12:30:00	*Golf instruction: Individual Swing School	Golf Area
12:00:00	13:00:00	Hatha Yoga	Volcano
13:30:00	15:30:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
13:30:00	15:30:00	**Horseback Riding	North Reception
14:00:00	17:00:00	**Volcano Walk	Sports Booking
14:00:00	15:30:00	*Free Talk – Everything you need to know about healthy aging w/Sally Walker	North Conference Centre
14:00:00	16:00:00	*Padel Tennis Tournament, min. 20 years	Padel Court 1
14:00:00	14:30:00	Ultimate Abs	Volcano
14:00:00	15:00:00	*Windsurf Instruction Refresher	Watersports Centre
14:15:00	15:15:00	*Fun Time: Treasure Hunt, 3-5 years	Play Time
14:30:00	15:00:00	HIIT	Volcano
15:00:00	17:00:00	*Badminton Social Tournament, min. 20 years	North Hall
15:00:00	15:55:00	*Introduction to road cycling	Bike Centre
15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:00:00	15:40:00	*Rowing Challenge Teens 1000m, 13-18 years	Fitness Centre
15:15:00	16:00:00	Stretch & Relax	Volcano
15:30:00	16:40:00	*Fun Time: Treasure Hunt, 6-10 years	Play Time
15:30:00	16:10:00	*Gymnastics, 6-10 years	South Hall
15:45:00	16:30:00	*SUP Intermediate	Watersports Centre
16:00:00	16:45:00	*Kettlebell training, all levels	Bar Park
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	17:00:00	*Golf Putting Competition	Putting Green
16:00:00	17:45:00	*Road Bike Tour Beginners	Bike Centre
16:00:00	16:55:00	*Tennis Fitness	Tennis Court 1
16:10:00	16:50:00	*Gymnastics, 10-15 years	South Hall
16:15:00	16:45:00	*Deep Water Aqua	North Pool
16:15:00	16:45:00	*Trampoline Fitness, min 10 years	The Lawn
16:30:00	18:00:00	*Intervals - Road Bike	Bike Centre
16:30:00	17:00:00	*Step Introduction	Volcano
16:30:00	18:00:00	*Swim Squad	South Pool
16:50:00	17:30:00	*Gymnastics, min. 15 years	South Hall
17:00:00	17:50:00	*Introduction to bouldering, min. 15 years	Bouldering Room
17:00:00	18:00:00	*Golf Competition Longest Drive	Golf Area
17:00:00	17:50:00	*Step Beginners	Volcano
17:10:00	18:00:00	*FTP Step Test Cycling	Body Bike Room
17:10:00	18:00:00	*Street Workout	Bar Park
17:15:00	19:00:00	*5 & 10k Race	Stadium
17:15:00	19:00:00	*Table Tennis Tournament	Table Tennis Room
18:00:00	18:50:00	*Ballroom Dancing	Dance Studio

18:10:00	19:05:00	*Power Cycling	Body Bike Room
19:00:00	21:00:00	*Football Tournament, min. 15 years	5-a-side
19:15:00	19:45:00	*Aerial Relaxation	Dance Studio
20:00:00	21:00:00	Live Show	Square
23:00:00	23:55:00	Discotheque CLS Arena	Discotheque CLS Arena

Activity Programme



Sunday 03/02/2019

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
08:00:00	13:30:00	**Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	09:30:00	*Pilates Reformer	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:15:00	09:30:00	*Open Water Morning Swim	Watersports Centre
09:00:00	10:00:00	*Bleep Test	Stadium
09:00:00	09:50:00	*CrossFit, beginners	Fitness Centre
09:00:00	11:00:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
09:00:00	13:00:00	**Teguise Market	North Reception
09:00:00	09:50:00	*Fitness Boxing	Sports Booking
09:00:00	09:50:00	Fitness Pilates	Volcano
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
09:00:00	09:45:00	*Tennis Instruction Beginners 6-10 years	Tennis Court 1
09:15:00	09:55:00	*Golf instruction: Individual Swing School	Golf Area
09:15:00	12:00:00	*Road Bike Tour Intermediate	Bike Centre
09:15:00	09:45:00	*Trampoline Fitness, min 10 years	The Lawn
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	10:50:00	BODYATTACK™	Volcano
10:00:00	10:50:00	*CrossFit Rx, intermediate	Fitness Centre
10:00:00	10:50:00	*Introduction to Boxing	Sports Booking
10:00:00	11:45:00	*Mountain Bike Tour Beginners	Bike Centre
10:00:00	10:45:00	*Tennis Instruction Beginners 11-15 year	Tennis Court 1
10:00:00	11:30:00	*Windsurf Instruction Beg. 10-15 years	Watersports Centre
10:10:00	10:40:00	*Golf Instruction Beginners	Golf Area
10:10:00	11:00:00	*Pulsing Barre™	The Lawn
10:10:00	11:00:00	*Swimming Intermediate Front Crawl	South Pool
10:15:00	11:00:00	*Padel Tennis Beginners 6-10 years	Padel Court 1
11:00:00	12:00:00	*BODYPUMP™	Volcano
11:00:00	11:50:00	*Circuit Fusion	Boxing Ring
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	12:00:00	*Golf Instruction Short Game	Golf Area
11:00:00	11:50:00	*Swimming Beginners Front Crawl	South Pool
11:00:00	11:55:00	*Tennis Instruction Intermediate-Advanced	Tennis Court 1

11:05:00	12:00:00	*Fitness Introduction	Fitness Centre
11:10:00	12:00:00	Ballroom Fitness™	The Lawn
11:15:00	12:00:00	*Padel Tennis Beginners 11-15 years	Padel Court 1
11:30:00	13:00:00	*Windsurf Instruction Beg. 10-15 years	Watersports Centre
12:00:00	13:00:00	*Padel Tennis Tournament Children, 6-15 years	Padel Court 1
12:00:00	12:30:00	*Swimming Intermediate Front Crawl, 6-15 years	South Pool
12:00:00	12:55:00	*Tennis Instruction Beginners	Tennis Court 1
12:15:00	13:00:00	*Golf, 10-15 years	Golf Area
12:15:00	13:00:00	Stretch & Relax	Volcano
12:30:00	13:00:00	*Swimming Beginners Front Crawl, 6-15 years	South Pool
13:30:00	15:30:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
13:30:00	17:30:00	**Snorkel Safari Beginners +8 years	Dive Centre
14:00:00	16:00:00	*Tennis Women's Only Doubles	Tennis Court 1
14:15:00	15:15:00	*Aerial Strength	Dance Studio
14:15:00	15:30:00	*Fun Time: Beach & Surf Day, 3-10 years	Watersports Centre
14:15:00	14:45:00	*Hula Hoop, min. 10 years	Volcano
15:00:00	17:00:00	*Beach Volley Tournament	Beach Volley Court
15:00:00	17:00:00	Egg Throwing and Bolas Tournament	Beach Volley Court
15:00:00	15:50:00	*Fitball	Volcano
15:00:00	17:45:00	*Mountain Bike Tour Advanced - only for experienced bikers	Bike Centre
15:00:00	15:50:00	*TRX for Seniors	The Lawn
15:00:00	15:55:00	*Crawl and Triathlon Swim Technique Advanced	South Pool
15:10:00	15:40:00	*Golf Introduction to Trackman	Golf Area
15:15:00	16:00:00	*Squash Instruction Beginners 6-15 years	Squash Court 1
15:45:00	16:45:00	*Young Time: Surf & Beach day, 10-15 years	Watersports Centre
15:50:00	16:20:00	*Golf Introduction to Trackman	Golf Area
16:00:00	16:50:00	*Introduction to Barbell Training, class 1	Fitness Centre
16:00:00	16:55:00	BODYJAM™	5-a-side
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	16:45:00	*Release & Unwind	Volcano
16:00:00	16:55:00	*Squash Instruction Beginners, min. 15 years	Squash Court 1
16:10:00	17:10:00	*TRX Beginners	The Lawn
16:30:00	17:00:00	*Golf Introduction to Trackman	Golf Area
16:30:00	18:00:00	*Swim Squad	South Pool
17:00:00	17:55:00	BODYBALANCE™	5-a-side
17:00:00	17:50:00	*Introduction to bouldering, min. 15 years	Bouldering Room
17:00:00	19:00:00	*Padel tennis tournament, intermediate/advanced (no instructor)	Padel Court 1
17:00:00	17:45:00	Running School	Stadium
17:00:00	17:55:00	*Squash Instruction Intermediate, min. 15 years	Squash Court 1

17:10:00	18:10:00	*Base Camp Cycling	Body Bike Room
17:15:00	18:05:00	*Step Intermediate	Volcano
17:15:00	18:00:00	*TRX Intermediate	The Lawn
17:45:00	18:30:00	Track Session	Stadium
18:10:00	19:05:00	*The Jukebox Cycling	Body Bike Room
18:15:00	18:45:00	*Aerial Relaxation	Dance Studio
18:15:00	19:00:00	*Rowing Challenge Concept II 2000m	Fitness Centre
19:30:00	21:00:00	Live Music in Restaurant El Lago	Restaurant El Lago
20:00:00	21:00:00	**SAUNAGUS	Wellness Centre entrance

Activity Programme



Monday 04/02/2019

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	**Sunrise Openwater Swim Ironman route (20€)	North Reception
08:00:00	09:50:00	*Green Team Duathlon	Bike Centre
08:00:00	13:30:00	**Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	12:00:00	**Snorkel Safari Beginners +8 years	Dive Centre
08:00:00	15:30:00	**Golf Tour at Costa Teguisse	Sports Booking
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	09:30:00	*Pilates Reformer	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	09:50:00	*CrossFit Rx, intermediate	Fitness Centre
09:00:00	13:30:00	**Fire Mountains	North Reception
09:00:00	10:30:00	Football Tournament 11-15 years	5-a-side
09:00:00	09:50:00	*Swimming Open Water Skills in the Pool	North Pool
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	14:00:00	**Volcano Walk - Fire Route	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-10 years	Play Time
10:00:00	10:50:00	*6D™ SLIDING	Dance Studio
10:00:00	11:50:00	*Introduction to CrossFit	Fitness Centre
10:00:00	11:45:00	*Road Bike Tour Beginners	Bike Centre
10:00:00	11:00:00	*Squash Tournament Beginners 6-15	Squash Court 1
10:00:00	10:45:00	*Swimming Breaststroke for adults	South Pool
10:00:00	10:55:00	*Tennis Serve Beginners	Tennis Court 1
10:00:00	11:00:00	*Weight Training for Boys 13-18 years	Fitness Centre
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	Zumba®	Volcano
10:10:00	11:10:00	*TRX Beginners	The Lawn
10:15:00	12:00:00	*Table Tennis Tournament	Table Tennis Room
10:15:00	11:45:00	*Waterpolo Introduction	North Pool
10:30:00	12:00:00	Football Tournament 5-10 years	5-a-side
10:30:00	11:30:00	*Young Time: Post 40 Memory Run, 10-15 years	Beach Club
10:45:00	11:15:00	*Swimming Breaststroke Beginners 6-15 years	South Pool
11:00:00	11:50:00	Barefoot Fitness	Volcano
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court

	11:00:00	13:00:00	*Squash Tournament Advanced	Squash Court 1
	11:00:00	13:00:00	*Squash Tournament Beginners	Squash Court 1
	11:00:00	13:00:00	*Squash Tournament Intermediate	Squash Court 1
	11:00:00	11:55:00	*Tennis serve Intermediate - Advanced	Tennis Court 1
	11:15:00	12:00:00	*Aqua jogging	South Pool
	11:15:00	12:00:00	*TRX Intermediate	The Lawn
	11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
	12:00:00	13:00:00	*Football Tournament, min. 15 years	5-a-side
	12:00:00	13:00:00	Yoga Flow	Volcano
	13:30:00	15:30:00	**Scuba Pool Dive for beginners +8 years	Dive Centre
	13:30:00	17:30:00	**Scuba Beach Dive Beginners +8 years	Dive Centre
	14:00:00	16:00:00	*Racketball tournament, all levels	Squash Court 1
	14:00:00	15:00:00	*Body Sculpting for Girls 13-18 years	Fitness Centre
	14:00:00	14:50:00	*Green Team Aquathlon	South Pool
	14:00:00	17:00:00	**Go-Karting	North Reception
	14:00:00	15:30:00	*Fun Time: Olympic Day & Diploma ceremony, 3-10 years	Play Time
	14:00:00	14:55:00	*Tennis Instruction Beginners	Tennis Court 1
	14:00:00	14:30:00	Ultimate Abs	Volcano
	14:00:00	15:00:00	*Windsurf Instruction Intermediate	Watersports Centre
	14:15:00	15:15:00	*Aerial Stretch	Dance Studio
	14:30:00	15:30:00	**Body Shape and Age Profile w/Sally Walker	North Conference Centre
	14:30:00	14:55:00	*Power Legs & Glutes	Volcano
	15:00:00	15:50:00	*Fitness Boxing	Sports Booking
	15:00:00	15:55:00	*Introduction to road cycling	Bike Centre
	15:00:00	15:50:00	*Neck/Shoulders & Stretch for Seniors	Laguna
	15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
	15:00:00	15:55:00	*Tennis Doubles Tactics	Tennis Court 1
	15:10:00	15:55:00	Stretch & Relax	Volcano
	15:15:00	16:00:00	*Swimming: Fins & Paddles	South Pool
	15:45:00	16:30:00	*Stand Up Paddle 10-15 years	Watersports Centre
	16:00:00	16:50:00	Aerobics, all levels	Laguna
	16:00:00	18:00:00	*Hill Reps - Road Bike	Bike Centre
	16:00:00	16:50:00	*Introduction to bouldering, min. 15 years	Bouldering Room
	16:00:00	16:50:00	*CrossFit, beginners	Fitness Centre
	16:00:00	16:45:00	*Kettlebell training, all levels	Bar Park
	16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
	16:00:00	16:50:00	Pilates, all levels	Volcano
	16:00:00	16:55:00	*Beat the Green Team - Tennis (advanced)	Tennis Court 1
	16:15:00	16:45:00	*Deep Water Aqua	North Pool
	16:30:00	18:00:00	*Swim Squad	South Pool

17:00:00	17:55:00	BODYCOMBAT™	Volcano
17:00:00	19:00:00	*Tennis Men's Only Doubles	Tennis Court 1
17:00:00	17:50:00	*TRX Fusion	Bar Park
17:10:00	18:05:00	*Power Cycling	Body Bike Room
21:00:00	22:00:00	Green Team Show	Square
23:00:00	23:55:00	Discotheque CLS Arena	Discotheque CLS Arena