

# Activity Programme



Tuesday 05/12/2023

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	10:30:00	Green Team Half Marathon, 14k and 7k	Stadium
08:00:00	12:00:00	*Snorkel Safari Beginners +8 years	Dive Centre
08:00:00	14:00:00	*Scuba Safari Qualified Divers +12 years	Dive Centre
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:15:00	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	09:45:00	Pilates Reformer, all levels (with socks!)	Dance Studio
08:30:00	09:00:00	Bus/Taxi transfer to the Airport	North Reception
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	09:50:00	Golf Instruction Beginners	Golf Area
09:00:00	10:30:00	Green Team Friend, 3-10 years	Play Time
09:00:00	09:50:00	Badminton Instruction Beginners	North Hall
09:00:00	09:40:00	Tennis Fitness	Tennis Court 1
09:00:00	09:45:00	Fitness Football for men	Stadium
09:00:00	09:55:00	BODYBALANCE™	5-a-side
09:00:00	09:50:00	Introduction to CrossFit	CrossFit area
09:00:00	13:00:00	*Sea Kayak Tour Beginners	North Reception
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
09:15:00	12:00:00	Mountain Bike Tour Advanced, min. 16 years	Bike Centre
09:15:00	09:55:00	Kayak Instruction Beginners	Watersports Centre
09:15:00	09:45:00	Toddlers Water Experience, 18-36 months	Wellness Centre entrance
09:30:00	13:30:00	*Surf School	North Reception
10:00:00	10:50:00	Golf: Swing school-Short game mix	Golf Area
10:00:00	10:50:00	Badminton Instruction Intermediate	North Hall
10:00:00	12:00:00	Tennis Social Tournament, min. 20 years	Tennis Court 1
10:00:00	10:45:00	Fitness Football for women	Stadium
10:00:00	11:30:00	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:25:00	Introduction to Yoga Sun Salutations	The Lawn
10:00:00	10:50:00	CrossFit Conditioning (all levels)	CrossFit area
10:00:00	10:30:00	Baby Swimming in The Wellness Centre	Wellness Centre entrance
10:05:00	11:00:00	BODYCOMBAT™	5-a-side
10:15:00	10:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
10:15:00	11:45:00	Gaming in real life with EVOTAG(requires fully charged phone with data), min. 10 years	Play Time

10:15:00	10:45:00	<b>Introduction to Slackline</b>	Watersports Centre
10:15:00	10:45:00	<b>Introduction to Dryland Swimming Session</b>	Bar Park
10:30:00	12:00:00	<b>Green Team Friend, 3-10 years</b>	Play Time
10:35:00	11:30:00	<b>Hatha Yoga</b>	The Lawn
10:45:00	11:15:00	<b>Bus/Taxi transfer to the Airport</b>	North Reception
11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
11:00:00	12:00:00	<b>Golf Chipping and Putting Challenge</b>	Golf Area
11:00:00	11:50:00	<b>Padel Intro</b>	Padel Court 4
11:00:00	11:45:00	<b>Badminton Instruction Beginners 6-10 years</b>	North Hall
11:00:00	11:45:00	<b>SUP Fitness</b>	Watersports Centre
11:00:00	11:50:00	<b>Functional training</b>	Bar Park
11:00:00	11:50:00	<b>CrossFit (only for experienced)</b>	CrossFit area
11:00:00	11:50:00	<b>Les Mills Dance™</b>	Volcano
11:10:00	12:00:00	<b>Body toning</b>	5-a-side
11:15:00	11:55:00	<b>Aqua jogging</b>	South Pool
11:15:00	12:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
12:00:00	12:50:00	<b>Padel Intermediate</b>	Padel Court 4
12:00:00	12:45:00	<b>Badminton Instruction Beginners 10-15 years</b>	North Hall
12:15:00	13:15:00	<b>*Saunagus "Relax", w/ Jordi, min 18 years</b>	Wellness Centre entrance
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners +8 years</b>	Dive Centre
13:00:00	17:00:00	<b>*Scuba Beach Dive Beginners +8 years</b>	Dive Centre
13:45:00	14:15:00	<b>Aerial Relaxation</b>	Dance Studio
14:00:00	14:45:00	<b>Golf: Trackman</b>	Golf Area
14:00:00	15:30:00	<b>Padel tournament, beginners/intermediate</b>	Padel Court 4
14:00:00	15:00:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
14:00:00	14:50:00	<b>Functional Team Workout</b>	Bar Park
14:00:00	16:00:00	<b>*Workshop: Men - all about man'o'pause w/ Sally Walker</b>	North Conference Centre
14:15:00	14:45:00	<b>Ultimate Abs</b>	Volcano
14:30:00	15:15:00	<b>Basic gymnastic, 6-10 years</b>	South Hall
14:30:00	15:00:00	<b>Breathe better - live better</b>	Dance Studio
14:30:00	15:00:00	<b>Bus/Taxi transfer to the Airport</b>	North Reception
15:00:00	15:45:00	<b>Golf: Trackman</b>	Golf Area
15:00:00	17:45:00	<b>50-60 km road bike tour, 24-26 km/h avg. speed, min. 16 years</b>	Bike Centre
15:00:00	17:00:00	<b>Badminton Tournament Beginners</b>	North Hall
15:00:00	17:00:00	<b>Badminton Tournament Advanced</b>	North Hall
15:00:00	15:50:00	<b>Tennis Instruction Beginners</b>	Tennis Court 2
15:00:00	15:50:00	<b>Barefoot Fitness</b>	Volcano
15:00:00	15:40:00	<b>TRX, 10-15 years</b>	TRX area/ Stadium

15:00:00	15:45:00	<b>Functional swim workout</b>	North Pool
15:15:00	15:45:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
15:15:00	16:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
15:30:00	17:00:00	<b>Padel tournament, interemdmiate/advanced</b>	Padel Court 4
15:30:00	16:15:00	<b>Basic gymnastic, 10-15 years</b>	South Hall
15:30:00	16:25:00	<b>Body Bike Base Camp (beginners) - Silent Fit</b>	La Rambla
15:30:00	20:00:00	<b>*Wine &amp; Tapas Tour</b>	North Reception
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	16:45:00	<b>Golf: Trackman</b>	Golf Area
16:00:00	18:00:00	<b>Tennis Tournament Intermediate</b>	Tennis Court 1
16:00:00	16:45:00	<b>SUP Intermediate</b>	Watersports Centre
16:00:00	16:50:00	<b>Stretch &amp; Relax</b>	Volcano
16:00:00	16:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
16:10:00	16:40:00	<b>Deep Water Aqua</b>	North Pool
16:15:00	17:45:00	<b>Family pentathlon</b>	Stadium
16:45:00	17:25:00	<b>Body Bike HIIT - Silent Fit</b>	La Rambla
17:00:00	17:45:00	<b>Swimming Open Water Skills in the lagoon</b>	Watersports Centre
17:00:00	17:50:00	<b>Step, Advanced</b>	Volcano
17:15:00	17:55:00	<b>Introduction to bouldering, min. 15 years</b>	Bouldering Room
18:30:00	21:00:00	<b>DJ Lounge</b>	Restaurant El Lago

# Activity Programme



Wednesday 06/12/2023

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	10:00:00	Green Team Triathlon with BodyBike	La Rambla
08:00:00	12:00:00	*Snorkel Safari Beginners +8 years	Dive Centre
08:00:00	14:00:00	*Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	08:30:00	Morning meditation	Dance Studio
08:00:00	15:30:00	*Golf Tour Tías	North Reception
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:15:00	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	09:10:00	Morningrun Offroad 8km (5min./km or 5:45min/km)	La Rambla
08:50:00	11:45:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	09:45:00	Padel Beginners 10-15 years	Padel Court 4
09:00:00	10:30:00	Badminton Tournament Intermediate	North Hall
09:00:00	09:50:00	Football School 5-10 years	Stadium
09:00:00	09:50:00	Beach volleyball, 10-15 years	Beach Volley Court
09:00:00	09:50:00	TRX (all levels)	TRX area/ Stadium
09:00:00	09:50:00	Introduction to CrossFit	CrossFit area
09:00:00	09:50:00	Fascial Training	5-a-side
09:00:00	09:50:00	Watsu®	Wellness Centre entrance
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
09:15:00	12:00:00	40 km road tour, 22-24 km/h avg. speed, min. 16 years	Bike Centre
09:15:00	09:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:15:00	10:30:00	Fitness Reformer (with socks!)	Dance Studio
09:30:00	13:30:00	*Surf School	North Reception
10:00:00	10:45:00	Padel Beginners 6-10 years	Padel Court 4
10:00:00	10:50:00	Tennis Instruction for Seniors	Tennis Court 2
10:00:00	10:50:00	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	TRX (only for experienced)	TRX area/ Stadium
10:00:00	10:50:00	CrossFit Conditioning (all levels)	CrossFit area
10:00:00	10:25:00	Introduction to Yoga	The Lawn
10:00:00	10:50:00	Body Combat™ Old Skool Rewind Team Teach	Volcano
10:05:00	11:00:00	BODYPUMP™	5-a-side
10:10:00	10:55:00	Swimming Beginners Front Crawl, level 1	South Pool

10:15:00	10:30:00	<b>*Weight &amp; Body Composition analysis, min. 18 years</b>	Fitness Centre
10:15:00	12:00:00	<b>Beach Volleyball Instruction &amp; Social Tournament, min. 15 years</b>	Beach Volley Court
10:15:00	12:00:00	<b>Spa Detox Wellness</b>	Wellness Centre entrance
10:30:00	12:00:00	<b>Badminton Tournament 6-15 years</b>	North Hall
10:35:00	11:30:00	<b>Yoga Flow</b>	The Lawn
11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
11:00:00	11:50:00	<b>Tennis Doubles Tactics</b>	Tennis Court 2
11:00:00	11:50:00	<b>Body Attack™ Old Skool Rewind</b>	Volcano
11:10:00	11:50:00	<b>Swimming Breaststroke for adults</b>	South Pool
11:15:00	12:15:00	<b>Aerial Fitness</b>	Dance Studio
11:30:00	13:00:00	<b>Windsurf Instruction Beg. 10-15 years</b>	Watersports Centre
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>Badminton Instruction for Seniors</b>	North Hall
12:00:00	12:40:00	<b>Aqua jogging</b>	South Pool
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners +8 years</b>	Dive Centre
13:00:00	17:00:00	<b>*Scuba Beach Dive Beginners +8 years</b>	Dive Centre
13:15:00	13:45:00	<b>Toddlers Water Experience, 18-36 months</b>	Wellness Centre entrance
13:20:00	13:50:00	<b>Aerial Relaxation</b>	Dance Studio
14:00:00	14:45:00	<b>Tennis Instruction Beginners 10-15 year</b>	Tennis Court 2
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	14:50:00	<b>CrossFit Team WOD (only for experienced)</b>	CrossFit area
14:00:00	14:50:00	<b>Beauty Workshop "Facials"</b>	Wellness Centre entrance
14:30:00	15:00:00	<b>Ultimate Abs</b>	Volcano
15:00:00	16:00:00	<b>Introduction to MTB</b>	Bike Centre
15:00:00	15:50:00	<b>Introduction to Beach Tennis</b>	Beach Volley Court
15:00:00	15:45:00	<b>Two Generations Tennis Instruction</b>	Tennis Court 2
15:00:00	16:00:00	<b>Windsurf Race Beginners</b>	Watersports Centre
15:00:00	15:45:00	<b>Senior Training - Full body workout</b>	The Lawn
15:00:00	15:50:00	<b>CrossFit (only for experienced)</b>	CrossFit area
15:15:00	15:45:00	<b>Fun Time: Rehearsal for Children &amp; Guest show, 3-14 years</b>	Square
15:15:00	15:55:00	<b>HIIT Swimming, min. 15 years</b>	South Pool
15:15:00	15:45:00	<b>HIIT</b>	Volcano
15:30:00	16:25:00	<b>Body Bike Base Camp (beginners) - Silent Fit</b>	La Rambla
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, min. 16 years</b>	Bike Centre
16:00:00	18:00:00	<b>Tennis Tournament Beginners</b>	Tennis Court 1

16:00:00	18:00:00	<b>Tennis Tournament Advanced</b>	Tennis Court 1
16:00:00	18:00:00	<b>Social Beach Tennis Tournament, min. 20 years</b>	Beach Volley Court
16:00:00	17:00:00	<b>Windsurf Race Advanced</b>	Watersports Centre
16:00:00	16:50:00	<b>Stretch &amp; Relax</b>	Volcano
16:00:00	16:50:00	<b>Circuit Fusion</b>	Bar Park
16:15:00	17:45:00	<b>Jungle run for families</b>	Square
16:15:00	17:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
16:15:00	16:45:00	<b>Trampoline Fitness, min 10 years</b>	The Lawn
16:35:00	17:15:00	<b>Body Bike HIIT - Silent Fit</b>	La Rambla
17:00:00	19:00:00	<b>Social Minigolf for teens (no instructor)</b>	Mini golf Area
17:00:00	17:50:00	<b>Functional Team Workout</b>	Bar Park
17:00:00	17:50:00	<b>Organised Chaos!! - Dance Party</b>	Volcano
17:10:00	17:50:00	<b>Introduction to bouldering, min. 15 years</b>	Bouldering Room
19:00:00	19:45:00	<b>Children &amp; Guest Show</b>	Square
22:00:00	23:59:00	<b>Karaoke for everyone</b>	Discotheque CLS Arena

# Activity Programme



Thursday 07/12/2023

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:10:00	09:40:00	Open Water Morning Swim	Watersports Centre
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:15:00	09:45:00	Green 3k walk	La Rambla
08:15:00	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	09:45:00	Pilates Reformer, all levels (with socks!)	Dance Studio
08:15:00	09:15:00	Body Bike Power - Silent Fit	La Rambla
08:15:00	08:45:00	Bus/Taxi transfer to the Airport	North Reception
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	09:50:00	Golf Instruction Beginners	Golf Area
09:00:00	10:30:00	Green Team Friend, 3-10 years	Play Time
09:00:00	09:50:00	Padel Intro	Padel Court 4
09:00:00	09:45:00	Tennis Instruction Beginners 10-15 year	Tennis Court 2
09:00:00	09:45:00	Mobility, all levels	Volcano
09:00:00	09:50:00	Watsu®	Wellness Centre entrance
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
09:15:00	12:00:00	50-60 km road bike tour, 24-26 km/h avg. speed, min. 16 years	Bike Centre
09:15:00	09:55:00	Kayak Instruction Beginners	Watersports Centre
09:30:00	13:30:00	*Surf School	North Reception
10:00:00	10:50:00	Golf Competition Longest Drive	Golf Area
10:00:00	11:00:00	Table Tennis Tournament	North Hall
10:00:00	10:45:00	Tennis Instruction Beginners 6-10 years	Tennis Court 2
10:00:00	10:50:00	Padel Beginners	Padel Court 4
10:00:00	11:30:00	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:45:00	Swimming Intermediate Front Crawl	South Pool
10:00:00	10:55:00	BODYCOMBAT™	Volcano
10:00:00	10:50:00	6D™ SLIDING	Dance Studio
10:00:00	10:50:00	CrossFit Team WOD (only for experienced)	CrossFit area
10:00:00	11:00:00	*Saunagus "Detox", w/ Carolina, min 18 years	Wellness Centre entrance
10:00:00	11:45:00	Club La Santa behind the scenes tour	South Conference Centre
10:00:00	10:30:00	Bus/Taxi transfer to the Airport	North Reception
10:05:00	11:00:00	Hatha Yoga	The Lawn
10:15:00	10:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre

10:30:00	12:00:00	<b>Green Team Friend, 3-10 years</b>	Play Time
11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
11:00:00	11:50:00	<b>Golf instruction: Swing School, intermediate</b>	Golf Area
11:00:00	12:00:00	<b>Table Tennis Tournament, 10-15 years</b>	North Hall
11:00:00	11:45:00	<b>Swimming Beginners Front Crawl, level 2</b>	South Pool
11:00:00	11:50:00	<b>Functional training</b>	Bar Park
11:00:00	11:45:00	<b>Introduction to Olympic Weightlifting</b>	Fitness Centre
11:05:00	11:55:00	<b>Fitball</b>	Volcano
11:15:00	12:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
11:15:00	12:30:00	<b>Fun Time: Baking Day, 3-10 years</b>	Play Time
11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
12:00:00	12:25:00	<b>Swimming: Learn Front Crawl, 6-15 years</b>	South Pool
12:00:00	12:50:00	<b>Kettlebell training, all levels</b>	Bar Park
12:05:00	12:35:00	<b>Hula Hoop, min. 10 years</b>	Volcano
12:20:00	12:50:00	<b>Breathe better - live better</b>	Dance Studio
12:30:00	12:55:00	<b>Swimming: Learn Breaststroke, 6-15 years</b>	South Pool
13:15:00	13:45:00	<b>Bus/Taxi transfer to the Airport</b>	North Reception
14:00:00	14:50:00	<b>Golf Instruction Beginners</b>	Golf Area
14:00:00	15:30:00	<b>Padel Social Tournament, min. 20 years</b>	Padel Court 4
14:00:00	14:50:00	<b>Tennis Instruction Beginners</b>	Tennis Court 2
14:00:00	14:50:00	<b>Badminton Doubles Tactics (Intermediate/Advanced)</b>	North Hall
14:00:00	14:55:00	<b>Windsurf Instruction Advanced</b>	Watersports Centre
14:00:00	14:50:00	<b>Boxing Intermediate</b>	Bar Park
14:00:00	14:50:00	<b>Beauty Workshop "Facials"</b>	Wellness Centre entrance
14:30:00	15:00:00	<b>HIIT</b>	Volcano
15:00:00	15:50:00	<b>Golf instruction Short Game: Putting, basic drills and challenge</b>	Golf Area
15:00:00	17:30:00	<b>Coffee Ride, min. 16 years</b>	Bike Centre
15:00:00	15:50:00	<b>Tennis Instruction Intermediate-Advanced</b>	Tennis Court 2
15:00:00	17:00:00	<b>Social Football min. 15 years</b>	Stadium
15:00:00	15:50:00	<b>Fitness Boxing</b>	Bar Park
15:15:00	16:00:00	<b>Fun Time: Ball Games 3-5 years</b>	South Hall
15:15:00	15:45:00	<b>Deep Water Aqua</b>	North Pool
15:15:00	16:00:00	<b>Stand Up Paddle 10-15 years</b>	Watersports Centre
15:15:00	15:55:00	<b>HIIT Swimming, min. 15 years</b>	South Pool
15:15:00	15:45:00	<b>Ultimate Legs &amp; Glutes</b>	Volcano
15:30:00	17:00:00	<b>Padel Social Tournament, min. 15 years</b>	Padel Court 4
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	17:00:00	<b>Golf Putting Competition</b>	Golf Area
16:00:00	16:50:00	<b>Stretch &amp; Relax</b>	Volcano



16:00:00	16:45:00	<b>TRX for Seniors</b>	TRX area/ Stadium
16:00:00	16:50:00	<b>Introduction to Powerlifting</b>	Fitness Centre
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
16:15:00	17:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
16:15:00	16:45:00	<b>Trampoline Fitness, 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>CrossFit Conditioning (all levels)</b>	CrossFit area
17:10:00	18:00:00	<b>Hill Run 8km (5min/km)</b>	La Rambla
18:30:00	20:30:00	<b>Live Music in Restaurant El Lago</b>	Restaurant El Lago
18:30:00	20:00:00	<b>FIFA Tournament, min. 10 years</b>	Play Time

# Activity Programme



Friday 08/12/2023

\*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	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	09:45:00	Pilates Reformer, all levels (with socks!)	Dance Studio
08:50:00	11:45:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	09:50:00	Padel Beginners	Padel Court 4
09:00:00	09:45:00	LIIT	Volcano
09:00:00	09:50:00	Introduction to CrossFit	CrossFit area
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
09:15:00	10:15:00	Introduction to road cycling	Bike Centre
09:15:00	09:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:30:00	13:30:00	*Surf School	North Reception
09:45:00	10:15:00	Bus transfer to the Airport (Billund)	North Reception
10:00:00	10:50:00	Tennis Instruction Intermediate-Advanced	Tennis Court 2
10:00:00	11:30:00	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	TRX (all levels)	TRX area/ Stadium
10:00:00	10:50:00	Circuit Fusion	Bar Park
10:00:00	10:45:00	Mobility, all levels	Volcano
10:10:00	10:55:00	Swimming Front Crawl Advanced	South Pool
10:15:00	10:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
10:15:00	11:45:00	20-25 km road bike tour, 18-20 km/h avg. speed, min. 16 years	Bike Centre
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	Tennis Instruction Beginners	Tennis Court 2
11:00:00	11:50:00	Dance	Volcano
11:00:00	11:45:00	Information tour in English	Sports Booking
11:10:00	11:50:00	Swimming Tumble Turns	South Pool
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	12:45:00	Toddlers Water Experience, 18-36 months	Wellness Centre entrance
14:00:00	15:00:00	Windsurf Instruction Refresher	Watersports Centre
14:00:00	14:45:00	Functional swim workout	North Pool
15:00:00	15:50:00	Fun Time: Creative Day, 3-10 years	Play Time

15:00:00	16:30:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
15:00:00	15:55:00	<b>BODYPUMP™</b>	Volcano
15:15:00	15:45:00	<b>Deep Water Aqua</b>	North Pool
15:15:00	15:55:00	<b>Recover faster</b>	Bar Park
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	19:00:00	<b>Dive Centre open for bookings</b>	Dive Centre
16:00:00	16:50:00	<b>Fun Time: Creative Day, 3-10 years</b>	Play Time
16:00:00	17:30:00	<b>Mountain Bike Tour Beginners, min. 16 years</b>	Bike Centre
16:10:00	17:00:00	<b>Stretch &amp; Relax</b>	Volcano
16:15:00	17:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
17:00:00	19:00:00	<b>Family Mini-Tennis Tournament, min. 6 years</b>	North Hall
17:00:00	17:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
17:00:00	18:30:00	<b>Information tour in Danish</b>	Sports Booking
17:10:00	17:40:00	<b>Ultimate Abs</b>	Volcano
17:30:00	18:30:00	<b>Body Bike Power - Silent Fit</b>	La Rambla

# Activity Programme



**Saturday 09/12/2023**

\*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	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	09:15:00	Body Bike Power - Silent Fit	La Rambla
08:20:00	08:45:00	Introduction to Yoga - Silent Fit	South Conference Roof
08:50:00	11:45:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	11:00:00	*Scuba Pool Dive for beginners +8 years	Dive Centre
09:00:00	12:00:00	*PADI Open Water Dive Course +12 years	Dive Centre
09:00:00	09:45:00	Tennis Instruction Beginners 10-15 year	Tennis Court 2
09:00:00	09:50:00	Football School 10-15 years	Stadium
09:00:00	09:50:00	Barefoot Fitness	Volcano
09:00:00	09:55:00	Yoga Flow - Silent Fit	South Conference Roof
09:00:00	09:50:00	TRX (all levels)	TRX area/ Stadium
09:00:00	09:50:00	Introduction to CrossFit	CrossFit area
09:10:00	09:55:00	Morning swim, 1.5 km, min. 10 years	South Pool
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
09:15:00	12:00:00	50-60 km road bike tour, 24-26 km/h avg. speed, min. 16 years	Bike Centre
09:15:00	09:55:00	Kayak Instruction Beginners	Watersports Centre
09:30:00	13:30:00	*Surf School	North Reception
10:00:00	10:45:00	Tennis Instruction Beginners 6-10 years	Tennis Court 2
10:00:00	10:50:00	Football School 5-10 years	Stadium
10:00:00	11:30:00	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	Dance	Volcano
10:00:00	10:50:00	Functional Team Workout	Bar Park
10:10:00	10:55:00	Swimming Beginners Front Crawl, level 1	South Pool
10:15:00	10:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
10:15:00	11:45:00	Young Time: "Ice breaker", 10-15 years	5-a-side
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	Padel Intro	Padel Court 4
11:00:00	13:00:00	Tennis Social Tournament, min. 20 years	Tennis Court 1
11:00:00	11:45:00	Table Tennis Instruction, beginners, 6-15 years	North Hall
11:00:00	11:50:00	Fitball	Volcano

11:00:00	11:45:00	<b>Introduction to Fitness Centre - Strength machines</b>	Fitness Centre
11:00:00	11:50:00	<b>Circuit Fusion</b>	Bar Park
11:00:00	11:45:00	<b>Information tour in English</b>	Sports Booking
11:10:00	11:50:00	<b>Swimming Backstroke for adults</b>	South Pool
11:15:00	12:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
11:15:00	11:45:00	<b>Introduction to Slackline</b>	Watersports Centre
11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
12:00:00	12:50:00	<b>Padel Intermediate</b>	Padel Court 4
12:00:00	13:00:00	<b>Table Tennis Tournament, 10-15 years</b>	North Hall
12:00:00	12:45:00	<b>SUP Fitness</b>	Watersports Centre
12:00:00	12:40:00	<b>Aqua jogging</b>	South Pool
12:15:00	12:45:00	<b>Aerial Relaxation</b>	Dance Studio
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners +8 years</b>	Dive Centre
14:00:00	14:50:00	<b>Fun Time: Treasure Hunt, 3-5 years</b>	Play Time
14:00:00	15:30:00	<b>Padel Social Tournament, min. 20 years</b>	Padel Court 4
14:00:00	14:50:00	<b>Table Tennis Instruction, beginners, min. 15 years</b>	North Hall
14:00:00	15:00:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
14:00:00	14:45:00	<b>Senior Training - Full body workout</b>	Volcano
14:00:00	17:00:00	<b>*Volcano Walk</b>	Sports Booking
14:00:00	15:00:00	<b>Physiotherapy - Learn to live pain-free</b>	Wellness Centre entrance
14:15:00	14:45:00	<b>Deep Water Aqua</b>	North Pool
15:00:00	15:50:00	<b>Fun Time: Treasure Hunt, 6-10 years</b>	Play Time
15:00:00	16:00:00	<b>Table Tennis Tournament</b>	North Hall
15:00:00	15:45:00	<b>Basic Swim Steps, 6-15 years</b>	South Pool
15:00:00	15:50:00	<b>Step Beginners</b>	Volcano
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	15:45:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
15:30:00	17:00:00	<b>Padel Social Tournament, 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>Hill Reps - Road Bike, min. 16 years</b>	Bike Centre
16:00:00	16:40:00	<b>Tennis Fitness</b>	Tennis Court 1
16:00:00	16:45:00	<b>SUP Intermediate</b>	Watersports Centre
16:00:00	16:50:00	<b>Stretch &amp; Relax</b>	Volcano
16:00:00	16:50:00	<b>Kettlebell training, all levels</b>	Bar Park
16:15:00	17:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
16:15:00	16:45:00	<b>Trampoline Fitness, min 10 years</b>	The Lawn
17:00:00	17:50:00	<b>Aerobics, all levels</b>	5-a-side
17:00:00	17:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
17:15:00	19:00:00	<b>Green Team 5 &amp; 10k Race</b>	Stadium

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
19:30:00	20:30:00	<b>Green Team Bingo</b>	Square

# Activity Programme



**Sunday 10/12/2023**

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	*Sunrise Openwater Swim Ironman route (25€)	North Reception
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	14:00:00	*Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	08:30:00	Breathe better - live better	Dance Studio
08:10:00	09:40:00	Open Water Morning Swim	Watersports Centre
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:15:00	09:45:00	Green 3k walk	La Rambla
08:15:00	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	09:15:00	Body Bike Power - Silent Fit	La Rambla
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	11:00:00	*Scuba Pool Dive for beginners +8 years	Dive Centre
09:00:00	09:50:00	Golf Instruction Beginners	Golf Area
09:00:00	10:30:00	Green Team Friend, 3-10 years	Play Time
09:00:00	11:45:00	35-45 km women road bike tour 22-24 km/h avg. speed, min. 16 years	Bike Centre
09:00:00	09:50:00	Badminton Instruction Beginners	North Hall
09:00:00	10:00:00	Tennis Tournament Beginners 10-15 years	Tennis Court 1
09:00:00	09:45:00	Mobility, all levels	Volcano
09:00:00	09:40:00	CrossFit, 10-15 years	CrossFit area
09:00:00	13:00:00	*Teguisse Market	North Reception
09:00:00	09:50:00	Watsu®	Wellness Centre entrance
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
09:15:00	09:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:15:00	10:45:00	Pilates Reformer, all levels (with socks!)	Dance Studio
09:30:00	13:30:00	*Surf School	North Reception
10:00:00	10:50:00	Golf instruction: Swing School, intermediate	Golf Area
10:00:00	12:00:00	Badminton Social Tournament, min. 20 years	North Hall
10:00:00	10:50:00	Tennis Instruction Intermediate-Advanced	Tennis Court 2
10:00:00	11:30:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
10:00:00	10:45:00	Swimming Intermediate Front Crawl	South Pool
10:00:00	10:55:00	BODYCOMBAT™	Volcano
10:10:00	10:40:00	Trampoline Fitness, min 10 years	The Lawn
10:15:00	10:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
10:15:00	11:00:00	Padel Beginners 6-10 years	Padel Court 4

10:15:00	11:15:00	<b>*Saunagus "Detox", w/ Lourdes, min 18 years</b>	Wellness Centre entrance
10:30:00	12:00:00	<b>Green Team Friend, 3-10 years</b>	Play Time
11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
11:00:00	11:50:00	<b>Golf Instruction Short Game, intermediate</b>	Golf Area
11:00:00	11:50:00	<b>Tennis Instruction Beginners</b>	Tennis Court 2
11:00:00	11:45:00	<b>Swimming Beginners Front Crawl, level 2</b>	South Pool
11:00:00	11:50:00	<b>Body toning</b>	Volcano
11:00:00	11:50:00	<b>Functional training</b>	Bar Park
11:00:00	11:50:00	<b>CrossFit (only for experienced)</b>	CrossFit area
11:00:00	11:45:00	<b>Information tour in English</b>	Sports Booking
11:15:00	12:00:00	<b>Padel Beginners 10-15 years</b>	Padel Court 4
11:15:00	12:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
11:25:00	11:55:00	<b>Fun Time: Bouncing Day, 3-10 years</b>	The Lawn
11:30:00	13:00:00	<b>Windsurf Instruction Beg. 10-15 years</b>	Watersports Centre
12:00:00	13:00:00	<b>Padel Tournament, 10-15 years</b>	Padel Court 4
12:00:00	12:25:00	<b>Swimming: Learn Front Crawl, 6-15 years</b>	South Pool
12:00:00	12:30:00	<b>Fun Time: Bouncing Day, 3-10 years</b>	The Lawn
12:15:00	12:45:00	<b>Hula Hoop, min. 10 years</b>	Volcano
12:30:00	12:55:00	<b>Swimming: Learn Backstroke, 6-15 years</b>	South Pool
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners +8 years</b>	Dive Centre
13:00:00	17:00:00	<b>*Snorkel Safari Beginners +8 years</b>	Dive Centre
14:00:00	14:50:00	<b>Golf Instruction Beginners</b>	Golf Area
14:00:00	16:00:00	<b>Squash Tournament Intermediate</b>	Squash Court 1
14:00:00	16:00:00	<b>Squash Tournament Beginners</b>	Squash Court 1
14:00:00	16:00:00	<b>Squash Tournament Advanced</b>	Squash Court 1
14:00:00	16:00:00	<b>Tennis Women's Only Doubles</b>	Tennis Court 1
14:00:00	16:00:00	<b>Egg Throwing and Bolas Tournament</b>	Beach Volley Court
14:00:00	15:00:00	<b>Windsurf Instruction Refresher</b>	Watersports Centre
14:00:00	14:45:00	<b>Functional swim workout</b>	North Pool
14:10:00	15:00:00	<b>Fascial Training</b>	Volcano
15:00:00	15:50:00	<b>Golf: Swing school-Short game mix</b>	Golf Area
15:00:00	16:00:00	<b>Introduction to MTB</b>	Bike Centre
15:00:00	17:00:00	<b>Beach Volley Tournament</b>	Beach Volley Court
15:00:00	15:55:00	<b>Surf Fun, 3-10 years</b>	Watersports Centre
15:00:00	15:45:00	<b>TRX for Seniors</b>	TRX area/ Stadium
15:00:00	15:50:00	<b>Fitness Boxing</b>	Bar Park
15:15:00	15:55:00	<b>Flip'n'Fun, 6-15 years</b>	South Pool
15:15:00	15:45:00	<b>Ultimate Legs &amp; Glutes</b>	Volcano
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court



16:00:00	17:00:00	<b>Golf Chipping and Putting Challenge</b>	Golf Area
16:00:00	17:30:00	<b>Mountain Bike Tour Beginners, min. 16 years</b>	Bike Centre
16:00:00	16:55:00	<b>Padel: Beat The Green Team (Advanced)</b>	Padel Court 4
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>Stretch &amp; Relax</b>	Volcano
16:00:00	16:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
16:00:00	16:50:00	<b>Functional Team Workout</b>	Bar Park
16:15:00	17:45:00	<b>Beat the Green Team - Family edition</b>	5-a-side
16:15:00	17:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
16:30:00	17:45:00	<b>Off-road Run 12km (5.30 min/km)</b>	La Rambla
16:30:00	17:25:00	<b>Body Bike Base Camp (beginners) - Silent Fit</b>	La Rambla
17:00:00	19:00:00	<b>Padel tournament, intermediate/advanced (no instructor)</b>	Padel Court 1
17:00:00	17:50:00	<b>Step Intermediate</b>	Volcano
17:10:00	18:00:00	<b>Introduction to Pickleball</b>	Tennis Court 8
17:10:00	17:50:00	<b>Introduction to bouldering, min. 15 years</b>	Bouldering Room
20:30:00	22:00:00	<b>Live Music with Craig Andrews</b>	Square

# Activity Programme



**Monday 11/12/2023**

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	<b>Morning Gymnastics</b>	Leisure Pool
08:00:00	10:00:00	<b>Green Team Duathlon with BodyBike</b>	La Rambla
08:00:00	12:00:00	<b>*Snorkel Safari Beginners +8 years</b>	Dive Centre
08:00:00	14:00:00	<b>*Scuba Safari Qualified Divers +12 years</b>	Dive Centre
08:00:00	15:30:00	<b>*Golf Tour at Costa Teguisse</b>	North Reception
08:15:00	08:45:00	<b>Morningrun or Walk 2-5 km</b>	La Rambla
08:15:00	08:30:00	<b>*Weight &amp; Body Composition analysis, min. 18 years</b>	Fitness Centre
08:15:00	12:00:00	<b>80-90 km road bike tour, 27-29 km/h avg. speed, min. 16 years</b>	Bike Centre
08:50:00	11:45:00	<b>Play Time Kids Club 3-10 years</b>	Play Time
09:00:00	09:45:00	<b>Circuit training for seniors</b>	The Lawn
09:00:00	09:50:00	<b>Tennis Serve Beginners</b>	Tennis Court 2
09:00:00	09:50:00	<b>Football School 10-15 years</b>	5-a-side
09:00:00	09:50:00	<b>Fitball</b>	Volcano
09:00:00	09:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
09:00:00	09:50:00	<b>CrossFit Team WOD (only for experienced)</b>	CrossFit area
09:00:00	13:30:00	<b>*Fire Mountains</b>	North Reception
09:10:00	09:55:00	<b>Morning swim, 1.5 km, min. 10 years</b>	South Pool
09:15:00	09:30:00	<b>*Weight &amp; Body Composition analysis, min. 18 years</b>	Fitness Centre
09:15:00	09:45:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
09:30:00	13:30:00	<b>*Surf School</b>	North Reception
09:30:00	14:00:00	<b>*Volcano Walk - Fire Route</b>	North Reception
10:00:00	10:50:00	<b>Golf Instruction Beginners</b>	Golf Area
10:00:00	11:00:00	<b>Squash Tournament 10-15 years</b>	Squash Court 1
10:00:00	10:50:00	<b>Tennis serve Intermediate - Advanced</b>	Tennis Court 2
10:00:00	10:50:00	<b>Football School 5-10 years</b>	5-a-side
10:00:00	10:45:00	<b>Running School</b>	Stadium
10:00:00	11:30:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
10:00:00	10:55:00	<b>Yoga Flow</b>	Volcano
10:00:00	10:50:00	<b>TRX (only for experienced)</b>	TRX area/ Stadium
10:00:00	10:50:00	<b>Kettlebell training, all levels</b>	Bar Park
10:05:00	10:50:00	<b>Swimming Front Crawl Advanced</b>	South Pool
10:15:00	10:30:00	<b>*Weight &amp; Body Composition analysis, min. 18 years</b>	Fitness Centre
10:15:00	11:45:00	<b>Young Time: Memory Run, 10-15 years</b>	Beach Volley Court

	10:15:00	11:45:00	<b>Pilates Reformer, all levels (with socks!)</b>	Dance Studio
	11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
	11:00:00	11:45:00	<b>Golf, 7-12 years</b>	Golf Area
	11:00:00	11:45:00	<b>Tennis Instruction Beginners 10-15 year</b>	Tennis Court 2
	11:00:00	13:00:00	<b>Racketball tournament, all levels</b>	Squash Court 1
	11:00:00	13:00:00	<b>Social Football min. 15 years</b>	5-a-side
	11:00:00	11:45:00	<b>Track Session</b>	Stadium
	11:00:00	11:50:00	<b>Functional Team Workout</b>	Bar Park
	11:00:00	11:45:00	<b>Information tour in English</b>	Sports Booking
	11:00:00	11:45:00	<b>Introduction to Fitness Centre - Strength machines</b>	Fitness Centre
	11:05:00	12:00:00	<b>BODYPUMP™</b>	Volcano
	11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
	12:00:00	12:45:00	<b>Golf, 13-17 years</b>	Golf Area
	13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners +8 years</b>	Dive Centre
	13:00:00	17:00:00	<b>*Scuba Beach Dive Beginners +8 years</b>	Dive Centre
	13:15:00	13:55:00	<b>Aquaphobia - water experience</b>	Wellness Centre entrance
	14:00:00	14:50:00	<b>Beach volleyball, 10-15 years</b>	Beach Volley Court
	14:00:00	15:00:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
	14:00:00	16:00:00	<b>*Workshop All about Menopause w/Sally Walker</b>	North Conference Centre
	14:00:00	18:00:00	<b>*Go-Karting</b>	North Reception
	14:00:00	14:40:00	<b>Aroma therapy workshop, min. 18 years</b>	Wellness Centre entrance
	14:10:00	14:50:00	<b>Swimming Tumble Turns</b>	South Pool
	14:15:00	15:45:00	<b>Fun Time: Olympic Day &amp; Diploma ceremony, 3-10 years</b>	Play Time
	14:15:00	14:45:00	<b>Ultimate Abs</b>	Volcano
	15:00:00	16:00:00	<b>Introduction to road cycling</b>	Bike Centre
	15:00:00	15:50:00	<b>Green Team Aquathlon</b>	North Pool
	15:00:00	15:45:00	<b>Stand Up Paddle 10-15 years</b>	Watersports Centre
	15:00:00	15:50:00	<b>Step Beginners</b>	Volcano
	15:00:00	15:40:00	<b>Recover faster</b>	Bar Park
	15:15:00	15:55:00	<b>HIIT Swimming, min. 15 years</b>	South Pool
	15:30:00	17:30:00	<b>*Horseback Riding</b>	North Reception
	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, min. 16 years</b>	Bike Centre
	16:00:00	16:55:00	<b>Tennis: Beat the Green Team (advanced)</b>	Tennis Court 1
	16:00:00	16:50:00	<b>Fitness Handball, min 15 years</b>	South Hall
	16:00:00	16:30:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
	16:00:00	16:50:00	<b>Stretch &amp; Relax</b>	Volcano
	16:00:00	16:50:00	<b>Circuit Fusion</b>	Bar Park
	16:15:00	17:45:00	<b>Beat the parents, min. 10 years</b>	5-a-side

16:15:00	17:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
16:15:00	16:45:00	<b>Trampoline Fitness, min 10 years</b>	The Lawn
16:15:00	17:45:00	<b>Senior Reformer (with socks!)</b>	Dance Studio
16:30:00	17:30:00	<b>Body Bike Power - Silent Fit</b>	La Rambla
17:00:00	19:00:00	<b>Tennis Men's Only Doubles</b>	Tennis Court 1
17:00:00	17:50:00	<b>Padel Serve - Intermediate</b>	Padel Court 4
17:00:00	17:50:00	<b>Introduction to CrossFit</b>	CrossFit area
17:00:00	17:40:00	<b>Introduction to bouldering, 10-15 years</b>	Bouldering Room
18:00:00	20:00:00	<b>Doubles Badminton Tournament (no instructor)</b>	North Hall
18:15:00	18:45:00	<b>Aerial Relaxation</b>	Dance Studio
21:00:00	22:00:00	<b>Green Team Show</b>	Square

# Activity Programme



Tuesday 12/12/2023

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	10:30:00	Green Team Half Marathon, 14k and 7k	Stadium
08:00:00	12:00:00	*Snorkel Safari Beginners +8 years	Dive Centre
08:00:00	14:00:00	*Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	08:30:00	Breathe better - live better	5-a-side
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:15:00	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	09:45:00	Pilates Reformer, all levels (with socks!)	Dance Studio
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	09:50:00	Golf Instruction Beginners	Golf Area
09:00:00	10:30:00	Green Team Friend, 3-10 years	Play Time
09:00:00	09:50:00	Badminton Instruction Beginners	North Hall
09:00:00	09:40:00	Tennis Fitness	Tennis Court 1
09:00:00	09:45:00	Fitness Football for men	Stadium
09:00:00	09:50:00	Fascial Training	5-a-side
09:00:00	09:50:00	Introduction to CrossFit	CrossFit area
09:00:00	13:00:00	*Sea Kayak Tour Beginners	North Reception
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
09:15:00	12:00:00	Mountain Bike Tour Advanced, min. 16 years	Bike Centre
09:15:00	09:55:00	Kayak Instruction Beginners	Watersports Centre
09:15:00	09:45:00	Toddlers Water Experience, 18-36 months	Wellness Centre entrance
09:15:00	15:45:00	*Beach & Shopping in Puerto del Carmen	North Reception
09:15:00	15:45:00	*Rancho Texas Theme Park	North Reception
09:30:00	13:30:00	*Surf School	North Reception
10:00:00	10:50:00	Golf: Swing school-Short game mix	Golf Area
10:00:00	10:50:00	Badminton Instruction Intermediate	North Hall
10:00:00	12:00:00	Tennis Social Tournament, min. 20 years	Tennis Court 1
10:00:00	10:45:00	Fitness Football for women	Stadium
10:00:00	11:30:00	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:55:00	BODYCOMBAT™	5-a-side
10:00:00	10:25:00	Introduction to Yoga Sun Salutations	The Lawn
10:00:00	10:50:00	6D™ SLIDING	Dance Studio
10:00:00	10:50:00	CrossFit Conditioning (all levels)	CrossFit area
10:00:00	10:30:00	Baby Swimming in The Wellness Centre	Wellness Centre entrance

10:15:00	10:30:00	<b>*Weight &amp; Body Composition analysis, min. 18 years</b>	Fitness Centre
10:15:00	10:45:00	<b>Introduction to Slackline</b>	Watersports Centre
10:15:00	10:45:00	<b>Introduction to Dryland Swimming Session</b>	Bar Park
10:30:00	12:00:00	<b>Green Team Friend, 3-10 years</b>	Play Time
10:35:00	11:30:00	<b>Hatha Yoga</b>	The Lawn
11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
11:00:00	12:00:00	<b>Golf Chipping and Putting Challenge</b>	Golf Area
11:00:00	11:50:00	<b>Padel Intro</b>	Padel Court 4
11:00:00	11:45:00	<b>Badminton Instruction Beginners 6-10 years</b>	North Hall
11:00:00	11:45:00	<b>SUP Fitness</b>	Watersports Centre
11:00:00	11:50:00	<b>Functional training</b>	Bar Park
11:00:00	11:50:00	<b>CrossFit (only for experienced)</b>	CrossFit area
11:05:00	11:55:00	<b>Body toning</b>	5-a-side
11:15:00	12:45:00	<b>Spikeball, min. 15 years</b>	Beach Volley Court
11:15:00	11:55:00	<b>Aqua jogging</b>	South Pool
11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
12:00:00	12:50:00	<b>Padel Intermediate</b>	Padel Court 4
12:00:00	12:45:00	<b>Badminton Instruction Beginners 10-15 years</b>	North Hall
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners +8 years</b>	Dive Centre
13:00:00	17:00:00	<b>*Scuba Beach Dive Beginners +8 years</b>	Dive Centre
14:00:00	14:45:00	<b>Golf: Trackman</b>	Golf Area
14:00:00	15:30:00	<b>Padel tournament, beginners/intermediate</b>	Padel Court 4
14:00:00	15:00:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
14:00:00	14:50:00	<b>Functional Team Workout</b>	Bar Park
14:00:00	16:00:00	<b>*Workshop: Men - all about man'o'pause w/ Sally Walker</b>	North Conference Centre
14:15:00	14:45:00	<b>Deep Water Aqua</b>	North Pool
14:15:00	15:00:00	<b>Basic gymnastic, 6-10 years</b>	South Hall
14:15:00	14:45:00	<b>Ultimate Abs</b>	5-a-side
15:00:00	15:45:00	<b>Golf: Trackman</b>	Golf Area
15:00:00	17:45:00	<b>50-60 km road bike tour, 24-26 km/h avg. speed, min. 16 years</b>	Bike Centre
15:00:00	17:00:00	<b>Badminton Tournament Beginners</b>	North Hall
15:00:00	17:00:00	<b>Badminton Tournament Advanced</b>	North Hall
15:00:00	15:50:00	<b>Tennis Instruction Beginners</b>	Tennis Court 2
15:00:00	15:50:00	<b>Barefoot Fitness</b>	5-a-side
15:00:00	15:40:00	<b>TRX, 10-15 years</b>	TRX area/ Stadium
15:00:00	15:45:00	<b>Functional swim workout</b>	North Pool
15:15:00	16:00:00	<b>Basic gymnastic, 10-15 years</b>	South Hall
15:15:00	15:45:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre

15:15:00	16:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
15:30:00	17:00:00	<b>Padel tournament, interemdiate/advanced</b>	Padel Court 4
15:30:00	16:25:00	<b>Body Bike Base Camp (beginners) - Silent Fit</b>	La Rambla
15:30:00	20:00:00	<b>*Wine &amp; Tapas Tour</b>	North Reception
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	16:45:00	<b>Golf: Trackman</b>	Golf Area
16:00:00	18:00:00	<b>Tennis Tournament Intermediate</b>	Tennis Court 1
16:00:00	16:45:00	<b>SUP Intermediate</b>	Watersports Centre
16:00:00	16:50:00	<b>Stretch &amp; Relax</b>	5-a-side
16:00:00	16:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
16:05:00	16:50:00	<b>Gymnastic for parent-child 0-3 years</b>	South Hall
16:15:00	17:45:00	<b>Family pentathlon</b>	Stadium
16:45:00	17:25:00	<b>Body Bike HIIT - Silent Fit</b>	La Rambla
17:00:00	17:45:00	<b>Gymnastic for parent-child 3-5 years</b>	South Hall
17:00:00	17:45:00	<b>Swimming Open Water Skills in the lagoon</b>	Watersports Centre
17:00:00	17:30:00	<b>HIIT</b>	5-a-side
17:10:00	17:50:00	<b>Introduction to bouldering, min. 15 years</b>	Bouldering Room
17:15:00	18:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
18:15:00	18:45:00	<b>Aerial Relaxation</b>	Dance Studio
18:30:00	21:00:00	<b>DJ Lounge</b>	Restaurant El Lago

# Activity Programme



Wednesday 13/12/2023

\*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	10:00:00	Green Team Triathlon with BodyBike	La Rambla
08:00:00	12:00:00	*Snorkel Safari Beginners +8 years	Dive Centre
08:00:00	14:00:00	*Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	08:30:00	Morning meditation	5-a-side
08:00:00	15:30:00	*Golf Tour Tías	North Reception
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:15:00	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	09:10:00	Morningrun Offroad 8km (5min./km or 5:45min/km)	La Rambla
08:50:00	11:45:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	09:45:00	Padel Beginners 10-15 years	Padel Court 4
09:00:00	10:30:00	Badminton Tournament Intermediate	North Hall
09:00:00	09:50:00	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	16:00:00	*Catamaran Sailing	North Reception
09:00:00	13:30:00	*Volcano Walk - Wine Route	North Reception
09:00:00	09:45:00	Mobility, all levels	5-a-side
09:00:00	09:50:00	Watsu®	Wellness Centre entrance
09:10:00	10:40:00	Pilates Reformer, all levels (with socks!)	Dance Studio
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
09:15:00	12:00:00	40 km road tour, 22-24 km/h avg. speed, min. 16 years	Bike Centre
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	Padel Beginners 6-10 years	Padel Court 4
10:00:00	10:50:00	Tennis Instruction for Seniors	Tennis Court 2
10:00:00	10:50:00	Football School 10-15 years	Stadium
10:00:00	10:45:00	Track Session	Stadium
10:00:00	11:30:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
10:00:00	10:55:00	BODYPUMP™	5-a-side
10:00:00	10:50:00	TRX (only for experienced)	TRX area/ Stadium
10:00:00	10:50:00	CrossFit Conditioning (all levels)	CrossFit area



10:00:00	11:45:00	<b>Club La Santa behind the scenes tour</b>	South Conference Centre
10:10:00	10:55:00	<b>Swimming Beginners Front Crawl, level 1</b>	South Pool
10:15:00	10:30:00	<b>*Weight &amp; Body Composition analysis, min. 18 years</b>	Fitness Centre
10:15:00	12:00:00	<b>Beach Volleyball Instruction &amp; Social Tournament, min. 15 years</b>	Beach Volley Court
10:15:00	12:00:00	<b>Spa Detox Wellness</b>	Wellness Centre entrance
10:30:00	12:00:00	<b>Badminton Tournament 6-15 years</b>	North Hall
11:00:00	12:00:00	<b>Individual rehearsal, min. 5 years – Children and Guest show</b>	Square
11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
11:00:00	11:50:00	<b>Tennis Doubles Tactics</b>	Tennis Court 2
11:00:00	11:55:00	<b>Yoga Flow</b>	The Lawn
11:00:00	11:50:00	<b>CrossFit Team WOD (only for experienced)</b>	CrossFit area
11:10:00	11:50:00	<b>Swimming Breaststroke for adults</b>	South Pool
11:10:00	11:55:00	<b>LIIT</b>	5-a-side
11:30:00	13:00:00	<b>Windsurf Instruction Beg. 10-15 years</b>	Watersports Centre
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>Badminton Instruction for Seniors</b>	North Hall
12:00:00	12:40:00	<b>Aqua jogging</b>	South Pool
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners +8 years</b>	Dive Centre
13:00:00	17:00:00	<b>*Scuba Beach Dive Beginners +8 years</b>	Dive Centre
13:15:00	13:45:00	<b>Toddlers Water Experience, 18-36 months</b>	Wellness Centre entrance
14:00:00	14:45:00	<b>Tennis Instruction Beginners 10-15 year</b>	Tennis Court 2
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	14:50:00	<b>Beauty Workshop "Facials"</b>	Wellness Centre entrance
14:30:00	15:00:00	<b>Ultimate Abs</b>	5-a-side
15:00:00	16:00:00	<b>Introduction to MTB</b>	Bike Centre
15:00:00	15:50:00	<b>Introduction to Beach Tennis</b>	Beach Volley Court
15:00:00	15:45:00	<b>Two Generations Tennis Instruction</b>	Tennis Court 2
15:00:00	16:00:00	<b>Windsurf Race Beginners</b>	Watersports Centre
15:00:00	15:45:00	<b>Senior Training - Full body workout</b>	The Lawn
15:00:00	15:50:00	<b>CrossFit (only for experienced)</b>	CrossFit area
15:15:00	15:45:00	<b>Fun Time: Rehearsal for Children &amp; Guest show, 3-14 years</b>	Square
15:15:00	15:55:00	<b>HIIT Swimming, min. 15 years</b>	South Pool
15:15:00	15:45:00	<b>HIIT</b>	5-a-side
15:30:00	16:25:00	<b>Body Bike Base Camp (beginners) - Silent Fit</b>	La Rambla
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, min. 16 years</b>	Bike Centre

16:00:00	18:00:00	<b>Tennis Tournament Beginners</b>	Tennis Court 1
16:00:00	18:00:00	<b>Tennis Tournament Advanced</b>	Tennis Court 1
16:00:00	18:00:00	<b>Social Beach Tennis Tournament, min. 20 years</b>	Beach Volley Court
16:00:00	17:00:00	<b>Windsurf Race Advanced</b>	Watersports Centre
16:00:00	16:50:00	<b>Stretch &amp; Relax</b>	5-a-side
16:00:00	16:50:00	<b>Circuit Fusion</b>	Bar Park
16:15:00	17:45:00	<b>Jungle run for families</b>	Square
16:15:00	17:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
16:15:00	16:45:00	<b>Trampoline Fitness, min 10 years</b>	The Lawn
16:35:00	17:15:00	<b>Body Bike HIIT - Silent Fit</b>	La Rambla
17:00:00	19:00:00	<b>Social Minigolf for teens (no instructor)</b>	Mini golf Area
17:00:00	17:50:00	<b>Dance</b>	5-a-side
17:00:00	17:50:00	<b>Functional Team Workout</b>	Bar Park
17:05:00	18:05:00	<b>Aerial Fitness</b>	Dance Studio
17:10:00	17:50:00	<b>Introduction to bouldering, min. 15 years</b>	Bouldering Room
18:15:00	18:45:00	<b>Aerial Relaxation</b>	Dance Studio
19:00:00	19:45:00	<b>Children &amp; Guest Show</b>	Square
22:00:00	23:59:00	<b>Karaoke for everyone</b>	Discotheque CLS Arena

# Activity Programme



Thursday 14/12/2023

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:10:00	09:40:00	Open Water Morning Swim	Watersports Centre
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:15:00	09:45:00	Green 3k walk	La Rambla
08:15:00	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	09:45:00	Pilates Reformer, all levels (with socks!)	Dance Studio
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	09:50:00	Golf Instruction Beginners	Golf Area
09:00:00	10:30:00	Green Team Friend, 3-10 years	Play Time
09:00:00	10:30:00	Padel Social Tournament, min. 20 years	Padel Court 4
09:00:00	09:45:00	Tennis Instruction Beginners 10-15 year	Tennis Court 2
09:00:00	09:50:00	Badminton Doubles Tactics (Intermediate/Advanced)	North Hall
09:00:00	09:45:00	Mobility, all levels	5-a-side
09:00:00	09:50:00	Kettlebell training, all levels	Bar Park
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
09:15:00	12:00:00	50-60 km road bike tour, 24-26 km/h avg. speed, min. 16 years	Bike Centre
09:15:00	09:55:00	Kayak Instruction Beginners	Watersports Centre
09:30:00	13:30:00	*Surf School	North Reception
10:00:00	10:50:00	Golf Competition Longest Drive	Golf Area
10:00:00	11:00:00	Table Tennis Tournament	North Hall
10:00:00	10:45:00	Tennis Instruction Beginners 6-10 years	Tennis Court 2
10:00:00	11:30:00	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:45:00	Swimming Intermediate Front Crawl	South Pool
10:00:00	10:55:00	Hatha Yoga	The Lawn
10:00:00	10:55:00	BODYCOMBAT™	5-a-side
10:00:00	10:50:00	6D™ SLIDING	Dance Studio
10:00:00	10:50:00	CrossFit Team WOD (only for experienced)	CrossFit area
10:00:00	11:45:00	Club La Santa behind the scenes tour	South Conference Centre
10:15:00	10:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
10:30:00	12:00:00	Green Team Friend, 3-10 years	Play Time
10:30:00	12:00:00	Padel Social Tournament, min. 15 years	Padel Court 4
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	Golf instruction: Swing School, intermediate	Golf Area

	11:00:00	12:00:00	<b>Table Tennis Tournament, 10-15 years</b>	North Hall
	11:00:00	11:45:00	<b>Swimming Beginners Front Crawl, level 2</b>	South Pool
	11:00:00	11:50:00	<b>Functional training</b>	Bar Park
	11:00:00	11:45:00	<b>Introduction to Olympic Weightlifting</b>	Fitness Centre
	11:05:00	11:55:00	<b>Fitball</b>	Laguna
	11:25:00	11:55:00	<b>Fun Time: Bouncing Day, 3-10 years</b>	The Lawn
	11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
	12:00:00	12:25:00	<b>Swimming: Learn Front Crawl, 6-15 years</b>	South Pool
	12:00:00	12:30:00	<b>Fun Time: Bouncing Day, 3-10 years</b>	The Lawn
	12:15:00	12:45:00	<b>Hula Hoop, min. 10 years</b>	Laguna
	12:15:00	13:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
	12:30:00	12:55:00	<b>Swimming: Learn Breaststroke, 6-15 years</b>	South Pool
	13:15:00	13:45:00	<b>Breathe better - live better</b>	Dance Studio
	14:00:00	14:55:00	<b>Windsurf Instruction Advanced</b>	Watersports Centre
	15:00:00	15:50:00	<b>Golf Instruction Beginners</b>	Golf Area
	15:00:00	17:00:00	<b>Social Football min. 15 years</b>	Stadium
	15:00:00	15:45:00	<b>Fun Time: Ball Games 6-10 years</b>	South Hall
	15:15:00	15:45:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
	15:15:00	15:55:00	<b>HIIT Swimming, min. 15 years</b>	South Pool
	15:15:00	15:45:00	<b>Ultimate Legs &amp; Glutes</b>	5-a-side
	16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
	16:00:00	16:50:00	<b>Golf instruction Short Game: Putting, basic drills and challenge</b>	Golf Area
	16:00:00	16:50:00	<b>Padel Intro</b>	Padel Court 3
	16:00:00	16:50:00	<b>Tennis Instruction Beginners</b>	Tennis Court 2
	16:00:00	16:45:00	<b>Stand Up Paddle 10-15 years</b>	Watersports Centre
	16:00:00	16:50:00	<b>Stretch &amp; Relax</b>	5-a-side
	16:00:00	16:45:00	<b>TRX for Seniors</b>	TRX area/ Stadium
	16:00:00	16:50:00	<b>Introduction to Powerlifting</b>	Fitness Centre
	16:00:00	16:45:00	<b>Fun Time: Ball Games 3-5 years</b>	South Hall
	16:10:00	16:40:00	<b>Trampoline Fitness, min 10 years</b>	The Lawn
	16:15:00	17:45:00	<b>Swim Squad, min. 10 years</b>	South Pool
	16:30:00	17:30:00	<b>Body Bike Power - Silent Fit</b>	La Rambla
	17:00:00	18:00:00	<b>Golf Putting Competition</b>	Golf Area
	17:00:00	17:50:00	<b>Tennis Instruction Intermediate-Advanced</b>	Tennis Court 2
	17:00:00	17:50:00	<b>Padel Beginners</b>	Padel Court 3
	17:00:00	17:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
	17:00:00	17:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
	17:00:00	17:50:00	<b>Young Time: Ball Games, 10-15 years</b>	South Hall
	17:05:00	17:55:00	<b>Step Intermediate</b>	5-a-side

17:10:00	18:00:00	<b>Hill Run 8km (5min/km)</b>	La Rambla
17:15:00	17:45:00	<b>HIIT</b>	The Lawn

# Activity Programme



Friday 15/12/2023

\*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	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	09:45:00	Pilates Reformer, all levels (with socks!)	Dance Studio
08:50:00	11:45:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	09:50:00	Padel Beginners	Padel Court 2
09:00:00	09:50:00	Introduction to CrossFit	CrossFit area
09:00:00	09:45:00	LIIT	5-a-side
09:10:00	09:55:00	Swimming Front Crawl Advanced	South Pool
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
09:15:00	09:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:15:00	10:15:00	Introduction to road cycling	Bike Centre
09:30:00	13:30:00	*Surf School	North Reception
09:45:00	10:15:00	Bus transfer to the Airport (Billund)	North Reception
10:00:00	11:30:00	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	Tennis Instruction Intermediate-Advanced	Tennis Court 2
10:00:00	10:50:00	TRX (all levels)	TRX area/ Stadium
10:00:00	10:50:00	Functional training	Bar Park
10:00:00	10:55:00	BODYBALANCE™	5-a-side
10:10:00	10:50:00	Swimming Tumble Turns	South Pool
10:15:00	10:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
10:15:00	11:45:00	20-25 km road bike tour, 18-20 km/h avg. speed, min. 16 years	Bike Centre
11:00:00	12:00:00	Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	Tennis Instruction Beginners	Tennis Court 2
11:00:00	11:40:00	Aqua jogging	South Pool
11:00:00	11:50:00	Circuit Fusion	Bar Park
11:00:00	11:45:00	Information tour in English	Sports Booking
11:00:00	11:50:00	Dance	5-a-side
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	12:45:00	Toddlers Water Experience, 18-36 months	Wellness Centre entrance
14:00:00	15:00:00	Windsurf Instruction Refresher	Watersports Centre

14:00:00	14:45:00	<b>Functional swim workout</b>	North Pool
14:15:00	15:45:00	<b>Swim Squad, 10-15 years</b>	South Pool
15:00:00	16:30:00	<b>Windsurf Instruction Beg. 10-15 years</b>	Watersports Centre
15:00:00	15:55:00	<b>BODYPUMP™</b>	5-a-side
15:15:00	15:45:00	<b>Fun Time: Bouncing Day, 3-10 years</b>	The Lawn
15:15:00	15:45:00	<b>Deep Water Aqua</b>	North Pool
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 for bookings</b>	Dive Centre
16:00:00	17:30:00	<b>Mountain Bike Tour Beginners, min. 16 years</b>	Bike Centre
16:00:00	16:50:00	<b>Kettlebell training, all levels</b>	Bar Park
16:05:00	16:55:00	<b>Stretch &amp; Relax</b>	5-a-side
16:15:00	16:45:00	<b>Fun Time: Bouncing Day, 3-10 years</b>	The Lawn
16:15:00	17:45:00	<b>Swim Squad</b>	South Pool
17:00:00	19:00:00	<b>Family Mini-Tennis Tournament, min. 6 years</b>	North Hall
17:00:00	17:40:00	<b>Recover faster</b>	Bar Park
17:00:00	17:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
17:00:00	18:30:00	<b>Information tour in Danish</b>	Sports Booking
17:15:00	17:45:00	<b>Ultimate Abs</b>	5-a-side
17:30:00	18:30:00	<b>Body Bike Power - Silent Fit</b>	La Rambla
19:00:00	20:30:00	<b>Crazy golf tournament</b>	Mini golf Area
19:00:00	21:00:00	<b>Social Indoor Volley Tournament</b>	North Hall

# Activity Programme



**Saturday 16/12/2023**

\*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	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	09:15:00	Body Bike Power - Silent Fit	La Rambla
08:50:00	11:45:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	11:00:00	*Scuba Pool Dive for beginners +8 years	Dive Centre
09:00:00	12:00:00	*PADI Open Water Dive Course +12 years	Dive Centre
09:00:00	09:50:00	Football School 10-15 years	Stadium
09:00:00	09:45:00	Tennis Instruction Beginners 10-15 year	Tennis Court 2
09:00:00	09:50:00	TRX (all levels)	TRX area/ Stadium
09:00:00	09:50:00	Introduction to CrossFit	CrossFit area
09:00:00	09:50:00	Barefoot Fitness	5-a-side
09:00:00	10:30:00	Pilates Reformer, all levels (with socks!)	Dance Studio
09:10:00	09:55:00	Morning swim, 1.5 km, min. 10 years	South Pool
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
09:15:00	10:00:00	SUP Intermediate	Watersports Centre
09:15:00	12:00:00	50-60 km road bike tour, 24-26 km/h avg. speed, min. 16 years	Bike Centre
09:15:00	09:40:00	Introduction to Yoga - Silent Fit	South Conference Roof
09:30:00	13:30:00	*Surf School	North Reception
09:45:00	10:40:00	Yoga Flow - Silent Fit	South Conference Roof
10:00:00	11:30:00	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	Football School 5-10 years	Stadium
10:00:00	10:45:00	Tennis Instruction Beginners 6-10 years	Tennis Court 2
10:00:00	10:40:00	TRX, 10-15 years	TRX area/ Stadium
10:00:00	10:50:00	Functional Team Workout	Bar Park
10:00:00	10:50:00	Step Advanced	5-a-side
10:10:00	10:55:00	Swimming Beginners Front Crawl, level 1	South Pool
10:10:00	11:00:00	Fitball	Laguna
10:15:00	10:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
10:15:00	11:45:00	Young Time: "Ice breaker", 10-15 years	The Lawn
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



11:00:00	11:50:00	<b>Padel Intro</b>	Padel Court 4
11:00:00	11:45:00	<b>Table Tennis Instruction, beginners, 6-15 years</b>	North Hall
11:00:00	11:45:00	<b>Introduction to Fitness Centre - Strength machines</b>	Fitness Centre
11:00:00	11:50:00	<b>Circuit Fusion</b>	Bar Park
11:00:00	11:45:00	<b>Information tour in English</b>	Sports Booking
11:00:00	11:50:00	<b>Aerobics, all levels</b>	5-a-side
11:10:00	11:50:00	<b>Swimming Backstroke for adults</b>	South Pool
11:15:00	12:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
12:00:00	12:50:00	<b>Padel Intermediate</b>	Padel Court 4
12:00:00	13:00:00	<b>Table Tennis Tournament, 10-15 years</b>	North Hall
12:00:00	12:25:00	<b>Swimming: Learn Backstroke, 6-10 years</b>	South Pool
12:15:00	13:00:00	<b>SUP Fitness</b>	Watersports Centre
12:15:00	12:45:00	<b>Aerial Relaxation</b>	Dance Studio
12:30:00	12:55:00	<b>Swimming: Learn Backstroke, 10-15 years</b>	South Pool
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners +8 years</b>	Dive Centre
14:00:00	14:50:00	<b>Fun Time: Treasure Hunt, 3-5 years</b>	Play Time
14:00:00	15:00:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
14:00:00	15:30:00	<b>Padel Social Tournament, min. 20 years</b>	Padel Court 4
14:00:00	14:50:00	<b>Table Tennis Instruction, beginners, min. 15 years</b>	North Hall
14:00:00	17:00:00	<b>*Volcano Walk</b>	Sports Booking
14:00:00	14:45:00	<b>Senior Training - Full body workout</b>	5-a-side
14:15:00	14:45:00	<b>Deep Water Aqua</b>	North Pool
15:00:00	15:50:00	<b>Fun Time: Treasure Hunt, 6-8 years</b>	Play Time
15:00:00	16:00:00	<b>Table Tennis Tournament</b>	North Hall
15:00:00	15:45:00	<b>Basic Swim Steps, 6-15 years</b>	South Pool
15:00:00	15:55:00	<b>BODYPUMP™</b>	5-a-side
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	15:45:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
15:30:00	17:00:00	<b>Padel Social Tournament, min. 15 years</b>	Padel Court 4
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	16:50:00	<b>Fun Time: Treasure Hunt, 8-10 years</b>	Play Time
16:00:00	16:40:00	<b>Kayak instruction, 10-15 years</b>	Watersports Centre
16:00:00	16:40:00	<b>Tennis Fitness</b>	Tennis Court 1
16:00:00	17:30:00	<b>Hill Reps - Road Bike, min. 16 years</b>	Bike Centre
16:00:00	16:50:00	<b>Kettlebell training, all levels</b>	Bar Park
16:05:00	16:55:00	<b>Stretch &amp; Relax</b>	5-a-side
16:15:00	17:45:00	<b>Swim Squad</b>	South Pool
16:15:00	16:45:00	<b>Trampoline Fitness, min 10 years</b>	The Lawn

17:00:00	17:50:00	<b>CrossFit Conditioning (all levels)</b>	CrossFit area
17:05:00	17:55:00	<b>Step Beginners</b>	5-a-side
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

# Activity Programme



**Sunday 17/12/2023**

\*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 +12 years	Dive Centre
08:00:00	08:30:00	Breathe better - live better	Dance Studio
08:10:00	09:40:00	Open Water Morning Swim	Watersports Centre
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:15:00	09:45:00	Green 3k walk	La Rambla
08:15:00	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	09:15:00	Body Bike Power - Silent Fit	La Rambla
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	11:00:00	*Scuba Pool Dive for beginners +8 years	Dive Centre
09:00:00	10:30:00	Green Team Friend, 3-10 years	Play Time
09:00:00	11:00:00	Tennis Tournament Beginners 10-15 years	Tennis Court 1
09:00:00	09:50:00	Badminton Instruction Beginners	North Hall
09:00:00	09:50:00	Golf Instruction Beginners	Golf Area
09:00:00	11:45:00	35-45 km women road bike tour 22-24 km/h avg. speed, min. 16 years	Bike Centre
09:00:00	09:40:00	CrossFit, 10-15 years	CrossFit area
09:00:00	13:00:00	*Teguisse Market	North Reception
09:00:00	09:45:00	Mobility, all levels	5-a-side
09:00:00	10:30:00	Pilates Reformer, all levels (with socks!)	Dance Studio
09:00:00	09:50:00	Watsu®	Wellness Centre entrance
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
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	11:30:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
10:00:00	12:00:00	Badminton Social Tournament, min. 20 years	North Hall
10:00:00	10:50:00	Golf instruction: Swing School, intermediate	Golf Area
10:00:00	10:45:00	Swimming Intermediate Front Crawl	South Pool
10:00:00	10:55:00	BODYCOMBAT™	5-a-side
10:15:00	10:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
10:15:00	11:00:00	Padel Beginners 6-10 years	Padel Court 4
10:15:00	10:45:00	Trampoline Fitness, min 10 years	The Lawn
10:15:00	11:15:00	*Saunagus "Detox", w/ Lourdes, min 18 years	Wellness Centre entrance
10:30:00	12:00:00	Green Team Friend, 3-10 years	Play Time

	11:00:00	12:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
	11:00:00	11:45:00	<b>Dance, 6-10 years</b>	Laguna
	11:00:00	11:50:00	<b>Tennis Instruction Intermediate-Advanced</b>	Tennis Court 2
	11:00:00	11:50:00	<b>Golf Instruction Short Game, intermediate</b>	Golf Area
	11:00:00	11:45:00	<b>Swimming Beginners Front Crawl, level 2</b>	South Pool
	11:00:00	11:50:00	<b>Functional training</b>	Bar Park
	11:00:00	11:50:00	<b>CrossFit (only for experienced)</b>	CrossFit area
	11:00:00	11:45:00	<b>Information tour in English</b>	Sports Booking
	11:00:00	11:50:00	<b>Body toning</b>	5-a-side
	11:15:00	12:00:00	<b>Padel Beginners 10-15 years</b>	Padel Court 4
	11:15:00	12:00:00	<b>Intro to Aerial Fitness</b>	Dance Studio
	11:15:00	12:30:00	<b>Fun Time: Baking Day, 3-10 years</b>	Play Time
	11:30:00	13:00:00	<b>Windsurf Instruction Beg. 10-15 years</b>	Watersports Centre
	12:00:00	12:50:00	<b>Tennis Instruction Beginners</b>	Tennis Court 2
	12:00:00	13:00:00	<b>Padel Tournament, 10-15 years</b>	Padel Court 4
	12:00:00	12:25:00	<b>Swimming: Learn Front Crawl, 6-10 years</b>	South Pool
	12:15:00	12:45:00	<b>Aerial Relaxation</b>	Dance Studio
	12:30:00	12:55:00	<b>Swimming: Learn Front Crawl, 10-15 years</b>	South Pool
	13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners +8 years</b>	Dive Centre
	13:00:00	17:00:00	<b>*Snorkel Safari Beginners +8 years</b>	Dive Centre
	14:00:00	15:00:00	<b>Windsurf Instruction Refresher</b>	Watersports Centre
	14:00:00	16:00:00	<b>Egg Throwing and Bolas Tournament</b>	Beach Volley Court
	14:00:00	16:00:00	<b>Beach Volley Tournament</b>	Beach Volley Court
	14:00:00	16:00:00	<b>Tennis Women's Only Doubles</b>	Tennis Court 1
	14:00:00	14:50:00	<b>Golf Instruction Beginners</b>	Golf Area
	14:00:00	14:45:00	<b>Functional swim workout</b>	North Pool
	14:00:00	14:50:00	<b>Beauty Workshop "Facials"</b>	Wellness Centre entrance
	14:10:00	15:00:00	<b>Fascial Training</b>	5-a-side
	15:00:00	15:55:00	<b>Surf Fun, 3-10 years</b>	Watersports Centre
	15:00:00	17:00:00	<b>Squash Tournament Beginners</b>	Squash Court 3
	15:00:00	17:00:00	<b>Squash Tournament Advanced</b>	Squash Court 3
	15:00:00	15:50:00	<b>Golf: Swing school-Short game mix</b>	Golf Area
	15:00:00	16:00:00	<b>Introduction to MTB</b>	Bike Centre
	15:00:00	15:45:00	<b>TRX for Seniors</b>	TRX area/ Stadium
	15:10:00	16:00:00	<b>Fitness Boxing</b>	Bar Park
	15:15:00	15:55:00	<b>2 Generation Swim</b>	South Pool
	15:15:00	15:45:00	<b>Ultimate Legs &amp; Glutes</b>	5-a-side
	16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
	16:00:00	16:45:00	<b>Young Time: Surf &amp; Beach day, 10-15 years</b>	Watersports Centre

16:00:00	17:30:00	<b>Spikeball, min. 15 years</b>	Beach Volley Court
16:00:00	16:45:00	<b>Tennis Instruction Intermediate 10-15 years</b>	Tennis Court 2
16:00:00	16:55:00	<b>Padel: Beat The Green Team (Advanced)</b>	Padel Court 4
16:00:00	17:00:00	<b>Golf Chipping and Putting Challenge</b>	Golf Area
16:00:00	17:30:00	<b>Mountain Bike Tour Beginners, min. 16 years</b>	Bike Centre
16:00:00	16:50:00	<b>TRX (all levels)</b>	TRX area/ Stadium
16:00:00	16:50:00	<b>Stretch &amp; Relax</b>	5-a-side
16:00:00	16:50:00	<b>Introduction to Powerlifting</b>	Fitness Centre
16:15:00	17:45:00	<b>Beat the Green Team - Family edition</b>	The Lawn
16:15:00	17:45:00	<b>Swim Squad</b>	South Pool
16:15:00	16:45:00	<b>Hula Hoop, min. 10 years</b>	Dance Studio
16:30:00	17:45:00	<b>Off-road Run 12km (5.30 min/km)</b>	La Rambla
16:30:00	17:25:00	<b>Body Bike Base Camp (beginners) - Silent Fit</b>	La Rambla
17:00:00	19:00:00	<b>Padel tournament, intermediate/advanced (no instructor)</b>	Padel Court 1
17:00:00	17:40:00	<b>Introduction to bouldering, min. 15 years</b>	Bouldering Room
17:00:00	17:50:00	<b>Step Twins, intermediate</b>	5-a-side
20:30:00	22:00:00	<b>Live Music with Craig Andrews</b>	Square

# Activity Programme



**Monday 18/12/2023**

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	*Sunrise Openwater Swim Ironman route (25€)	North Reception
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	10:00:00	Green Team Duathlon with BodyBike	La Rambla
08:00:00	12:00:00	*Snorkel Safari Beginners +8 years	Dive Centre
08:00:00	14:00:00	*Scuba Safari Qualified Divers +12 years	Dive Centre
08:00:00	15:30:00	*Golf Tour at Costa Teguisse	North Reception
08:00:00	08:30:00	Morning meditation	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:15:00	08:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
08:15:00	12:00:00	80-90 km road bike tour, 27-29 km/h avg. speed, min. 16 years	Bike Centre
08:50:00	11:45:00	Play Time Kids Club 3-10 years	Play Time
09:00:00	09:45:00	Circuit training for seniors	The Lawn
09:00:00	10:30:00	Football Tournament 10-15 years	5-a-side
09:00:00	09:45:00	Padel Beginners 10-15 years	Padel Court 4
09:00:00	09:50:00	Tennis Serve Beginners	Tennis Court 2
09:00:00	09:50:00	TRX (all levels)	TRX area/ Stadium
09:00:00	09:50:00	CrossFit Team WOD (only for experienced)	CrossFit area
09:00:00	13:30:00	*Fire Mountains	North Reception
09:00:00	09:50:00	Fitball	Volcano
09:00:00	11:00:00	Wellness: Water Meditation, min 18 years	Wellness Centre entrance
09:10:00	09:55:00	Morning swim, 1.5 km, min. 10 years	South Pool
09:15:00	09:30:00	*Weight & Body Composition analysis, min. 18 years	Fitness Centre
09:15:00	09:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:30:00	13:30:00	*Surf School	North Reception
09:30:00	14:00:00	*Volcano Walk - Fire Route	North Reception
10:00:00	10:45:00	Running School	Stadium
10:00:00	11:30:00	Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:45:00	Two Generations Padel Instruction	Padel Court 4
10:00:00	11:00:00	Squash Tournament 10-15 years	Squash Court 3
10:00:00	10:50:00	Tennis serve Intermediate - Advanced	Tennis Court 2
10:00:00	10:50:00	Kettlebell training, all levels	Bar Park
10:00:00	10:50:00	TRX (only for experienced)	TRX area/ Stadium
10:00:00	10:55:00	BODYBALANCE™	Volcano

10:10:00	10:55:00	<b>Swimming Front Crawl Advanced</b>	South Pool
10:15:00	10:30:00	<b>*Weight &amp; Body Composition analysis, min. 18 years</b>	Fitness Centre
10:15:00	11:45:00	<b>Young Time: Memory Run, 10-15 years</b>	Beach Volley Court
10:15:00	11:45:00	<b>Pilates Reformer, all levels (with socks!)</b>	Dance Studio
10:30:00	12:00:00	<b>Football Tournament 5-10 years</b>	5-a-side
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	13:00:00	<b>Squash Tournament Intermediate</b>	Squash Court 3
11:00:00	13:00:00	<b>Racketball tournament, all levels</b>	Squash Court 3
11:00:00	11:45:00	<b>Tennis Instruction Beginners 10-15 year</b>	Tennis Court 2
11:00:00	11:40:00	<b>Teens Circuit Fitness, 10-15 years</b>	Bar Park
11:00:00	11:45:00	<b>Information tour in English</b>	Sports Booking
11:00:00	11:45:00	<b>Introduction to Fitness Centre - Strength machines</b>	Fitness Centre
11:05:00	12:00:00	<b>BODYPUMP™</b>	Volcano
11:10:00	11:55:00	<b>Golf, 13-17 years</b>	Golf Area
11:10:00	11:50:00	<b>Swimming Tumble Turns</b>	South Pool
11:15:00	12:10:00	<b>Yoga Flow</b>	The Lawn
11:30:00	13:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
12:00:00	12:50:00	<b>Green Team Aquathlon</b>	North Pool
12:00:00	12:40:00	<b>Aqua jogging</b>	South Pool
12:10:00	12:55:00	<b>Golf, 7-12 years</b>	Golf Area
12:15:00	12:45:00	<b>Aerial Relaxation</b>	Dance Studio
13:00:00	15:00:00	<b>*Scuba Pool Dive for beginners +8 years</b>	Dive Centre
13:00:00	17:00:00	<b>*Scuba Beach Dive Beginners +8 years</b>	Dive Centre
13:15:00	13:55:00	<b>Aquaphobia - water experience</b>	Wellness Centre entrance
14:00:00	16:00:00	<b>*Workshop All about Menopause w/Sally Walker</b>	North Conference Centre
14:00:00	14:30:00	<b>Family Green Team Aquathlon</b>	North Pool
14:00:00	15:00:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
14:00:00	16:00:00	<b>Social Football min. 15 years</b>	5-a-side
14:00:00	14:50:00	<b>Introduction to Boxing</b>	Bar Park
14:00:00	14:40:00	<b>Aroma therapy workshop, min. 18 years</b>	Wellness Centre entrance
14:15:00	15:45:00	<b>Fun Time: Olympic Day &amp; Diploma ceremony, 3-10 years</b>	Play Time
14:30:00	15:00:00	<b>Ultimate Abs</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>Golf Instruction Beginners</b>	Golf Area
15:00:00	16:00:00	<b>Introduction to road cycling</b>	Bike Centre
15:00:00	15:40:00	<b>Recover faster</b>	Bar Park
15:00:00	15:45:00	<b>Teens Aerial, 10-15 years</b>	Dance Studio
15:00:00	15:50:00	<b>Pilates, all levels</b>	The Lawn

15:15:00	15:55:00	<b>HIIT Swimming, min. 15 years</b>	South Pool
15:15:00	15:45:00	<b>HIIT</b>	Volcano
15:30:00	17:30:00	<b>*Horseback Riding</b>	North Reception
16:00:00	17:00:00	<b>Social Petanque (no instructor)</b>	Pétanque Court
16:00:00	16:30:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
16:00:00	16:50:00	<b>Beach volleyball, 10-15 years</b>	Beach Volley Court
16:00:00	16:55:00	<b>Tennis: Beat the Green Team (advanced)</b>	Tennis Court 1
16:00:00	17:30:00	<b>20-25 km road bike tour, 18-20 km/h avg. speed, min. 16 years</b>	Bike Centre
16:00:00	16:50:00	<b>Circuit Fusion</b>	Bar Park
16:00:00	16:50:00	<b>Stretch &amp; Relax</b>	Volcano
16:15:00	17:45:00	<b>Beat the parents, min. 10 years</b>	5-a-side
16:15:00	17:45:00	<b>Swim Squad</b>	South Pool
16:15:00	16:45:00	<b>Trampoline Fitness, min 10 years</b>	The Lawn
16:15:00	17:45:00	<b>Senior Reformer (with socks!)</b>	Dance Studio
16:30:00	17:30:00	<b>Body Bike Power - Silent Fit</b>	La Rambla
17:00:00	17:50:00	<b>Padel Serve - Intermediate</b>	Padel Court 4
17:00:00	19:00:00	<b>Tennis Men's Only Doubles</b>	Tennis Court 1
17:00:00	19:00:00	<b>Doubles Badminton Tournament (no instructor)</b>	North Hall
17:00:00	17:40:00	<b>Introduction to bouldering, 10-15 years</b>	Bouldering Room
17:00:00	17:50:00	<b>Introduction to CrossFit</b>	CrossFit area
17:00:00	17:50:00	<b>Dance</b>	Volcano
18:00:00	19:00:00	<b>Time Share Owner's meeting</b>	Members Lounge
21:00:00	22:00:00	<b>Green Team Show</b>	Square