

# Activity Programme



Saturday 01/05/2021

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	<b>*Sunrise Openwater Swim Ironman route (20€)</b>	North Reception
08:00:00	08:15:00	<b>Morning Gymnastics</b>	Leisure Pool
08:15:00	08:45:00	<b>Morningrun or Walk 2-5 km</b>	La Rambla
09:00:00	09:45:00	<b>Circuit training for seniors</b>	Fitness Centre
09:10:00	09:50:00	<b>Golf Instruction Beginners</b>	Golf Area
09:15:00	10:00:00	<b>Kayak Instruction Beginners</b>	Watersports Centre
09:15:00	10:00:00	<b>Mobility, all levels</b>	Volcano
09:15:00	10:00:00	<b>Padel Tennis Beginenrs, 6-15 years</b>	Padel Court 3
09:30:00	13:30:00	<b>*Surf School</b>	North Reception
10:00:00	10:40:00	<b>Aqua jogging</b>	North Pool
10:15:00	11:45:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
10:15:00	11:00:00	<b>Padel Tennis Intro</b>	Padel Court 3
10:15:00	11:00:00	<b>CrossFit Conditioning (all level)</b>	CrossFit area
10:15:00	11:00:00	<b>Ballroom Fitness™</b>	Volcano
11:00:00	11:45:00	<b>Swimming Front Crawl Advanced</b>	North Pool
11:00:00	11:45:00	<b>Information tour in English</b>	Sports Booking
11:15:00	12:00:00	<b>Body toning</b>	Volcano
13:30:00	15:30:00	<b>*Horseback Riding</b>	North Reception
14:00:00	17:15:00	<b>*Volcano Walk</b>	Sports Booking
14:30:00	15:30:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
15:20:00	16:50:00	<b>Green Team Friend</b>	Play Time
15:30:00	16:15:00	<b>TRX Beginners</b>	TRX area/ Stadium
16:00:00	16:30:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
16:00:00	16:45:00	<b>Tennis Fitness</b>	Tennis Court 8
16:15:00	16:40:00	<b>HIIT</b>	Volcano
16:30:00	18:00:00	<b>Swim Squad</b>	North Pool
16:45:00	17:30:00	<b>Cross training</b>	Bar Park
17:00:00	17:45:00	<b>Stretch &amp; Relax</b>	Volcano
17:15:00	18:30:00	<b>Off-road Run 12km (5.30 min/km)</b>	La Rambla

# Activity Programme



Sunday 02/05/2021

\*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
09:15:00	10:00:00	Tennis Instruction Intermediate-Advanced	Tennis Court 8
09:15:00	10:00:00	TRX Intermediate	TRX area/ Stadium
09:15:00	10:00:00	Fitness Pilates	Volcano
09:15:00	10:45:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
09:30:00	13:30:00	*Surf School	North Reception
09:40:00	10:20:00	HIIT Cycling	Basketball Court
10:00:00	11:30:00	Green Team Friend	Play Time
10:15:00	11:00:00	Swimming Intermediate Front Crawl	North Pool
10:15:00	11:00:00	Tennis Instruction Beginners	Tennis Court 8
10:15:00	11:00:00	CrossFit Taster session	CrossFit area
10:15:00	11:00:00	BODYCOMBAT™	Volcano
11:00:00	11:45:00	Information tour in English	Sports Booking
11:15:00	12:45:00	Windsurf Instruction Beginners	Watersports Centre
11:15:00	12:00:00	Swimming Beginners Front Crawl	North Pool
11:15:00	12:00:00	Tennis Instruction Beginners 6-15 years	Tennis Court 8
14:00:00	15:00:00	Windsurf Instruction Refresher	Watersports Centre
14:00:00	15:30:00	Pilates Reformer, all lvels	Laguna
15:00:00	17:00:00	Egg Throwing and Bolas Tournament	Beach Volley Court
15:15:00	15:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
15:30:00	15:55:00	Ultimate Abs	Volcano
16:10:00	16:50:00	Golf Instruction Beginners	Golf Area
16:15:00	17:00:00	SUP Intermediate	Watersports Centre
16:15:00	17:00:00	Stretch & Relax	Volcano
17:00:00	17:45:00	Introduction to Barbell Training, class 1	CrossFit area
17:00:00	17:25:00	Swimming Intermediate Front Crawl, 6-15 years	North Pool
17:15:00	18:00:00	Step Beginners	Volcano
17:30:00	17:55:00	Swimming Beginners Front Crawl, 6-15 years	North Pool

# Activity Programme



Monday 03/05/2021

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	<b>*Sunrise Openwater Swim Ironman route (20€)</b>	North Reception
08:00:00	08:15:00	<b>Morning Gymnastics</b>	Leisure Pool
08:15:00	08:45:00	<b>Morningrun or Walk 2-5 km</b>	La Rambla
08:15:00	09:10:00	<b>Morningrun Offroad 8km</b>	La Rambla
09:00:00	09:45:00	<b>Circuit training for seniors</b>	Fitness Centre
09:00:00	09:45:00	<b>BODYBALANCE™</b>	Volcano
09:00:00	13:30:00	<b>*Fire Mountains</b>	North Reception
09:15:00	10:00:00	<b>Kayak Instruction 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	10:45:00	<b>Tennis serve Intermediate - Advanced</b>	Tennis Court 8
10:00:00	10:45:00	<b>CrossFit Conditioning (all level)</b>	CrossFit area
10:00:00	10:45:00	<b>Zumba®</b>	Volcano
10:10:00	10:50:00	<b>Aqua jogging</b>	North Pool
10:15:00	11:00:00	<b>Stand Up Paddle 10-15 years</b>	Watersports Centre
11:00:00	11:45:00	<b>Tennis Serve Beginners</b>	Tennis Court 8
11:00:00	11:45:00	<b>Barefoot Fitness</b>	Volcano
11:00:00	11:45:00	<b>Information tour in English</b>	Sports Booking
11:15:00	12:45:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
14:00:00	17:30:00	<b>*Go-Karting</b>	North Reception
14:15:00	15:45:00	<b>Fun Time: Olympic Day &amp; Diploma ceremony, 3-10 years</b>	Play Time
15:00:00	16:00:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
15:00:00	15:45:00	<b>Padel Tennis Intro</b>	Padel Court 3
15:15:00	15:45:00	<b>Deep Water Aqua</b>	North Pool
16:00:00	16:45:00	<b>Padel Tennis Beginenrs, 6-15 years</b>	Padel Court 3
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</b>	North Pool
16:15:00	16:40:00	<b>HIIT</b>	5-a-side
16:15:00	17:00:00	<b>Fitness Golf</b>	Golf Area
16:30:00	17:15:00	<b>Kettlebell training, all levels</b>	Bar Park
17:00:00	17:45:00	<b>Stretch &amp; Relax</b>	5-a-side
17:45:00	18:30:00	<b>TRX Beginners</b>	TRX area/ Stadium

# Activity Programme



Tuesday 04/05/2021

\*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
09:00:00	13:00:00	*Sea Kayak Tour Beginners	North Reception
09:00:00	09:45:00	Circuit training for seniors	Fitness Centre
09:00:00	10:30:00	Green Team Friend	Play Time
09:10:00	10:00:00	Yoga Flow	Volcano
09:15:00	10:00:00	Kayak Instruction Beginners	Watersports Centre
09:15:00	10:00:00	Badminton Instruction Intermediate	North Hall
09:15:00	14:45:00	*Beach & Shopping in Puerto del Carmen	North Reception
09:20:00	10:20:00	Power Cycling	Basketball Court
09:30:00	13:30:00	*Surf School	North Reception
10:00:00	10:40:00	HIIT Swimming, min. 15 years	North Pool
10:00:00	10:45:00	TRX Intermediate	TRX area/ Stadium
10:15:00	11:45:00	Windsurf Instruction Beginners	Watersports Centre
10:15:00	11:00:00	Badminton Instruction Beginners	North Hall
10:15:00	11:00:00	Step Intermediate	Volcano
11:15:00	12:00:00	Badminton Instruction Beginners 6-15 years	North Hall
11:15:00	12:00:00	SUP Fitness	Watersports Centre
14:30:00	15:25:00	Windsurf Instruction Advanced	Watersports Centre
14:30:00	15:30:00	Beat the Green Team - Family edition	5-a-side
15:20:00	15:45:00	Ultimate Abs	Volcano
15:30:00	20:00:00	*Wine & Tapas Tour	North Reception
16:00:00	16:30:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
16:00:00	16:45:00	Stretch & Relax	Volcano
16:00:00	16:25:00	Flip'n'Fun, 6-10 years	North Pool
16:10:00	16:50:00	Golf Instruction Beginners	Golf Area
16:15:00	17:00:00	Tennis Instruction Beginners 6-15 years	Tennis Court 8
16:30:00	16:55:00	Flip'n'Fun, 11-15 years	North Pool
16:45:00	17:30:00	Introduction to Barbell Training, class 2	CrossFit area
17:00:00	17:40:00	Swimming Backstroke for adults	North Pool
17:00:00	17:45:00	BODYPUMP™	Volcano
17:15:00	18:00:00	Tennis Fitness	Tennis Court 8
17:45:00	18:30:00	CrossFit Taster session	CrossFit area

# Activity Programme



Wednesday 05/05/2021

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:15:00	09:45:00	Green 3k walk	La Rambla
09:00:00	10:30:00	Badminton Tournament Intermediate	North Hall
09:00:00	10:30:00	Badminton Tournament Advanced	North Hall
09:00:00	09:45:00	Circuit training for seniors	Fitness Centre
09:00:00	09:45:00	Pilates, all levels	5-a-side
09:00:00	13:00:00	*Sea Kayak Advanced	North Reception
09:15:00	10:45:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
09:30:00	13:30:00	*Surf School	North Reception
09:30:00	14:00:00	*Volcano Walk - Wine Route	North Reception
09:45:00	16:15:00	*Catamaran Sailing	North Reception
10:00:00	12:00:00	Mountain Bike Tour Beginners, min. 16 years	Bike Centre
10:00:00	10:45:00	BODYCOMBAT™	5-a-side
10:15:00	11:00:00	Swimming Beginners Front Crawl	North Pool
10:15:00	11:00:00	CrossFit Conditioning (all level)	CrossFit area
10:30:00	12:00:00	Badminton Tournament Beginners	North Hall
10:30:00	12:00:00	Badminton Tournament 6-15 years	North Hall
11:15:00	12:45:00	Windsurf Instruction Beginners	Watersports Centre
11:15:00	12:00:00	Swimming Intermediate Front Crawl	North Pool
11:15:00	11:45:00	Trampoline Fitness, min 10 years	The Lawn
14:00:00	16:00:00	Tennis Tournament Intermediate	Tennis Court 8
14:00:00	16:00:00	Tennis Tournament Beginners	Tennis Court 8
14:00:00	16:00:00	Tennis Tournament Advanced	Tennis Court 8
14:15:00	15:15:00	Fun Time: Street day, 3-10 years	Basketball Court
14:30:00	15:30:00	Windsurf Instruction Refresher	Watersports Centre
15:30:00	15:55:00	HIIT	Volcano
15:30:00	15:55:00	Swimming Backstroke Beginners 6-15 years	North Pool
15:45:00	16:45:00	Young Time: Street day, 10-15 years	Basketball Court
16:00:00	16:30:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
16:15:00	17:00:00	Stretch & Relax	Volcano
16:15:00	17:00:00	Introduction to Beach Tennis	Beach Volley Court
16:30:00	18:00:00	Swim Squad	North Pool
16:30:00	17:15:00	TRX Beginners	TRX area/ Stadium

17:15:00	18:00:00	<b>Dance</b>	Volcano
17:15:00	18:00:00	<b>Fitness Golf</b>	Golf Area
17:30:00	18:20:00	<b>Hill Run 8km (5min/km)</b>	La Rambla
17:45:00	18:30:00	<b>Cross training</b>	CrossFit area

# Activity Programme



Thursday 06/05/2021

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	<b>*Sunrise Openwater Swim Ironman route (20€)</b>	North Reception
08:00:00	08:15:00	<b>Morning Gymnastics</b>	Leisure Pool
08:15:00	08:45:00	<b>Morningrun or Walk 2-5 km</b>	La Rambla
09:00:00	09:45:00	<b>Circuit training for seniors</b>	Fitness Centre
09:00:00	10:30:00	<b>Green Team Friend</b>	Play Time
09:15:00	10:00:00	<b>Kayak Instruction Beginners</b>	Watersports Centre
09:15:00	10:00:00	<b>BODYBALANCE™</b>	Volcano
09:30:00	10:15:00	<b>TRX Intermediate</b>	TRX area/ Stadium
09:30:00	13:30:00	<b>*Surf School</b>	North Reception
10:00:00	10:55:00	<b>Fitness Introduction</b>	Fitness Centre
10:15:00	11:45:00	<b>Road Bike Tour Beginners, min. 16 years</b>	Bike Centre
10:15:00	11:00:00	<b>Aerobics, all levels</b>	Volcano
10:30:00	12:00:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
10:45:00	11:30:00	<b>Introduction to Barbell Training, class 3</b>	CrossFit area
11:00:00	11:45:00	<b>Padel Tennis Intro</b>	Padel Court 3
11:10:00	11:50:00	<b>Aqua jogging</b>	North Pool
11:15:00	12:00:00	<b>Body toning</b>	Volcano
12:00:00	12:45:00	<b>Padel Tennis Intermediate</b>	Padel Court 3
14:30:00	15:30:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
14:45:00	15:35:00	<b>Beat the parents, min. 10 years</b>	5-a-side
15:00:00	15:45:00	<b>Tennis Instruction Beginners</b>	Tennis Court 8
15:15:00	15:45:00	<b>Hula Hoop, min. 10 years</b>	Volcano
15:30:00	16:15:00	<b>CrossFit (only for experienced)</b>	CrossFit area
16:00:00	16:30:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
16:00:00	16:45:00	<b>Tennis Instruction Intermediate-Advanced</b>	Tennis Court 8
16:15:00	16:40:00	<b>Swimming Breaststroke Beginners 6-15 years</b>	North Pool
16:45:00	17:30:00	<b>CrossFit Taster session</b>	CrossFit area
17:00:00	17:40:00	<b>Swimming Breaststroke for adults</b>	North Pool
17:00:00	17:45:00	<b>Tennis Instruction Beginners 6-15 years</b>	Tennis Court 8
17:00:00	17:25:00	<b>Ultimate Abs</b>	Volcano
17:30:00	18:25:00	<b>Base Camp Cycling (beginners)</b>	Basketball Court
17:45:00	18:30:00	<b>Stretch &amp; Relax</b>	Volcano

# Activity Programme



Friday 07/05/2021

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:10:00	09:25:00	Open Water Morning Swim	Watersports Centre
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
09:00:00	09:45:00	Padel Tennis Intro	Padel Court 3
09:00:00	09:50:00	Yoga Flow	5-a-side
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	11:00:00	Introduction to MTB	Bike Centre
10:00:00	10:45:00	Padel Tennis Beginners, 6-15 years	Padel Court 3
10:10:00	10:55:00	BODYPUMP™	5-a-side
10:15:00	11:45:00	Windsurf Instruction Beginners	Watersports Centre
10:15:00	11:00:00	TRX Beginners	TRX area/ Stadium
11:00:00	11:45:00	Information tour in English	Sports Booking
14:15:00	15:45:00	Windsurf Instruction Beginners	Watersports Centre
14:15:00	15:30:00	Family Athletics	Stadium
15:15:00	16:00:00	Swimming Front Crawl Advanced	North Pool
15:15:00	15:40:00	HIIT	Volcano
16:00:00	17:00:00	Windsurf Instruction Refresher	Watersports Centre
16:00:00	16:45:00	Stretch & Relax	Volcano
16:30:00	18:00:00	Swim Squad	North Pool
16:30:00	17:15:00	Kettlebell training, all levels	Bar Park
17:00:00	17:45:00	Step Beginners	Volcano
17:30:00	18:45:00	Off-road Run 12km (5.30 min/km)	La Rambla
17:40:00	18:20:00	HIIT Cycling	Basketball Court
17:45:00	18:30:00	CrossFit Conditioning (all level)	CrossFit area



# Activity Programme



**Saturday 08/05/2021**

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	<b>*Sunrise Openwater Swim Ironman route (20€)</b>	North Reception
08:00:00	08:15:00	<b>Morning Gymnastics</b>	Leisure Pool
08:15:00	08:45:00	<b>Morningrun or Walk 2-5 km</b>	La Rambla
09:00:00	09:45:00	<b>Circuit training for seniors</b>	Fitness Centre
09:00:00	09:45:00	<b>Mobility, all levels</b>	Volcano
09:15:00	10:00:00	<b>Kayak Instruction Beginners</b>	Watersports Centre
09:15:00	10:00:00	<b>Swimming Intermediate Front Crawl</b>	North Pool
09:30:00	13:30:00	<b>*Surf School</b>	North Reception
10:00:00	11:00:00	<b>Introduction to road cycling</b>	Bike Centre
10:00:00	10:45:00	<b>Ballroom Fitness™</b>	Volcano
10:00:00	11:30:00	<b>Green Team Friend</b>	Play Time
10:15:00	11:45:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
10:15:00	11:00:00	<b>Swimming Beginners Front Crawl</b>	North Pool
10:15:00	11:00:00	<b>Padel Tennis Intro</b>	Padel Court 3
10:15:00	11:00:00	<b>TRX Intermediate</b>	TRX area/ Stadium
11:00:00	11:45:00	<b>Information tour in English</b>	Sports Booking
11:00:00	11:45:00	<b>Barefoot Fitness</b>	Volcano
11:15:00	12:00:00	<b>Padel Tennis Intermediate</b>	Padel Court 3
12:00:00	12:30:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
13:30:00	15:30:00	<b>*Horseback Riding</b>	North Reception
14:00:00	17:15:00	<b>*Volcano Walk</b>	Sports Booking
14:15:00	15:45:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
15:15:00	15:45:00	<b>Deep Water Aqua</b>	North Pool
15:30:00	16:15:00	<b>Cross training</b>	Bar Park
16:00:00	17:00:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
16:00:00	16:25:00	<b>Swimming Beginners Front Crawl, 6-15 years</b>	North Pool
16:10:00	16:50:00	<b>Golf Instruction Beginners</b>	Golf Area
16:30:00	16:55:00	<b>Swimming Intermediate Front Crawl, 6-15 years</b>	North Pool
16:30:00	16:55:00	<b>Ultimate Abs</b>	Volcano
16:45:00	17:30:00	<b>CrossFit Taster session</b>	CrossFit area
17:00:00	17:45:00	<b>Tennis Fitness</b>	Tennis Court 8
17:10:00	17:50:00	<b>Golf Instruction Beginners</b>	Golf Area
17:15:00	18:00:00	<b>Stretch &amp; Relax</b>	Volcano

# Activity Programme



**Sunday 09/05/2021**

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:15:00	09:10:00	Morningrun Offroad 8km	La Rambla
08:15:00	09:45:00	Green 3k walk	La Rambla
09:00:00	09:45:00	Tennis Instruction Intermediate-Advanced	Tennis Court 8
09:00:00	09:45:00	Fitness Pilates	Volcano
09:15:00	10:45:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
09:30:00	13:30:00	*Surf School	North Reception
10:00:00	10:45:00	Tennis Instruction Beginners	Tennis Court 8
10:00:00	10:45:00	CrossFit Conditioning (all level)	CrossFit area
10:00:00	10:45:00	BODYCOMBAT™	Volcano
10:00:00	11:30:00	Green Team Friend	Play Time
10:15:00	11:00:00	Fitness Golf	Golf Area
11:00:00	11:45:00	Information tour in English	Sports Booking
11:00:00	12:30:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
11:00:00	11:45:00	Tennis Instruction Beginners 6-15 years	Tennis Court 8
11:15:00	11:45:00	Trampoline Fitness, min 10 years	The Lawn
14:15:00	14:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
15:00:00	16:00:00	Windsurf Instruction Refresher	Watersports Centre
15:00:00	15:40:00	Aqua jogging	North Pool
15:00:00	17:00:00	Egg Throwing and Bolas Tournament	Beach Volley Court
16:15:00	17:45:00	Swim Squad	North Pool
16:15:00	17:00:00	Introduction to Barbell Training, class 1	CrossFit area
16:15:00	16:40:00	HIIT	Volcano
16:30:00	17:15:00	Young Time: Surf & Beach day, 10-15 years	Watersports Centre
17:00:00	17:45:00	Stretch & Relax	Volcano
17:15:00	18:00:00	TRX Beginners	TRX area/ Stadium
17:30:00	18:30:00	Power Cycling	Basketball Court
18:00:00	18:45:00	Step Intermediate	Volcano

# Activity Programme



**Monday 10/05/2021**

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	<b>*Sunrise Openwater Swim Ironman route (20€)</b>	North Reception
08:00:00	08:15:00	<b>Morning Gymnastics</b>	Leisure Pool
08:15:00	08:45:00	<b>Morningrun or Walk 2-5 km</b>	La Rambla
09:00:00	13:30:00	<b>*Fire Mountains</b>	North Reception
09:00:00	09:45:00	<b>Circuit training for seniors</b>	Fitness Centre
09:00:00	09:45:00	<b>BODYBALANCE™</b>	Volcano
09:15:00	10:00:00	<b>Stand Up Paddle 10-15 years</b>	Watersports Centre
09:30:00	14:00:00	<b>*Volcano Walk - Fire Route</b>	North Reception
09:30:00	13:30:00	<b>*Surf School</b>	North Reception
10:00:00	10:40:00	<b>Swimming Backstroke for adults</b>	North Pool
10:00:00	10:45:00	<b>TRX Intermediate</b>	TRX area/ Stadium
10:00:00	10:45:00	<b>Zumba®</b>	Volcano
10:15:00	11:45:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
10:15:00	11:00:00	<b>Tennis Serve Beginners</b>	Tennis Court 8
11:00:00	11:45:00	<b>Information tour in English</b>	Sports Booking
11:00:00	11:25:00	<b>Swimming Backstroke Beginners 6-15 years</b>	North Pool
11:00:00	11:45:00	<b>Body toning</b>	Volcano
11:15:00	12:00:00	<b>Tennis serve Intermediate - Advanced</b>	Tennis Court 8
14:00:00	17:30:00	<b>*Go-Karting</b>	North Reception
14:30:00	15:30:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
14:30:00	16:00:00	<b>Pilates Reformer, all levels</b>	Laguna
15:15:00	16:45:00	<b>Fun Time: Olympic Day &amp; Diploma ceremony, 3-10 years</b>	Play Time
15:45:00	16:30:00	<b>Kettlebell training, all levels</b>	Bar Park
16:00:00	16:30:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
16:00:00	16:45:00	<b>Padel Tennis Intro</b>	Padel Court 3
16:30:00	16:55:00	<b>Ultimate Abs</b>	5-a-side
17:00:00	17:40:00	<b>HIIT Swimming, min. 15 years</b>	North Pool
17:00:00	17:45:00	<b>Padel Tennis Beginners, 6-15 years</b>	Padel Court 3
17:00:00	17:45:00	<b>CrossFit Taster session</b>	CrossFit area
17:10:00	17:50:00	<b>Golf Instruction Beginners</b>	Golf Area
17:15:00	18:00:00	<b>Stretch &amp; Relax</b>	5-a-side

# Activity Programme



Tuesday 11/05/2021

\*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
09:00:00	13:00:00	*Sea Kayak Tour Beginners	North Reception
09:00:00	09:50:00	Yoga Flow	Volcano
09:15:00	14:45:00	*Beach & Shopping in Puerto del Carmen	North Reception
09:15:00	10:00:00	Kayak Instruction Beginners	Watersports Centre
09:30:00	13:30:00	*Surf School	North Reception
09:30:00	11:00:00	Green Team Friend	Play Time
10:00:00	10:45:00	Badminton Instruction Beginners	North Hall
10:00:00	10:45:00	Dance	Volcano
10:15:00	11:45:00	Windsurf Instruction Beginners	Watersports Centre
10:15:00	11:00:00	CrossFit Conditioning (all level)	CrossFit area
11:00:00	11:25:00	Flip'n'Fun, 6-10 years	North Pool
11:00:00	11:45:00	Badminton Instruction Intermediate	North Hall
11:00:00	11:45:00	SUP Fitness	Watersports Centre
11:15:00	12:00:00	Introduction to Barbell Training, class 2	CrossFit area
11:30:00	11:55:00	Flip'n'Fun, 11-15 years	North Pool
12:00:00	12:45:00	Badminton Instruction Beginners 6-15 years	North Hall
12:15:00	12:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
14:15:00	15:45:00	Windsurf Instruction Beginners	Watersports Centre
15:10:00	15:50:00	Aqua jogging	North Pool
15:30:00	20:00:00	*Wine & Tapas Tour	North Reception
15:30:00	15:55:00	HIIT	Volcano
15:30:00	16:30:00	Beat the Green Team - Family edition	5-a-side
16:00:00	16:55:00	Windsurf Instruction Advanced	Watersports Centre
16:00:00	16:45:00	Padel Tennis Intermediate	Padel Court 3
16:15:00	17:45:00	Swim Squad	North Pool
16:15:00	17:00:00	TRX Beginners	TRX area/ Stadium
16:15:00	17:00:00	Stretch & Relax	Volcano
17:00:00	17:45:00	Fitness Golf	Golf Area
17:15:00	18:00:00	BODYPUMP™	Volcano
17:30:00	18:25:00	Base Camp Cycling (beginners)	Basketball Court

# Activity Programme



Wednesday 12/05/2021

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	La Rambla
08:15:00	09:45:00	Green 3k walk	Leisure Pool
09:00:00	13:00:00	*Sea Kayak Advanced	North Reception
09:00:00	09:45:00	Circuit training for seniors	Fitness Centre
09:15:00	10:45:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
09:15:00	10:00:00	Pilates, all levels	5-a-side
09:30:00	13:30:00	*Surf School	North Reception
09:30:00	14:00:00	*Volcano Walk - Wine Route	North Conference Centre
09:30:00	14:00:00	*Volcano Walk - Wine Route	North Reception
09:45:00	16:15:00	*Catamaran Sailing	North Reception
10:00:00	12:00:00	Mountain Bike Tour Beginners, min. 16 years	Bike Centre
10:00:00	11:30:00	Badminton Tournament Beginners	North Hall
10:00:00	11:30:00	Badminton Tournament 6-15 years	North Hall
10:00:00	10:45:00	TRX Intermediate	TRX area/ Stadium
10:00:00	11:30:00	Green Team Friend	Play Time
10:15:00	11:00:00	Swimming Beginners Front Crawl	North Pool
10:15:00	11:00:00	BODYCOMBAT™	5-a-side
11:00:00	12:30:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
11:15:00	12:00:00	Swimming Intermediate Front Crawl	North Pool
11:15:00	12:00:00	Barefoot Fitness	5-a-side
11:30:00	13:00:00	Badminton Tournament Intermediate	North Hall
11:30:00	13:00:00	Badminton Tournament Advanced	North Hall
14:00:00	15:00:00	Windsurf Instruction Refresher	Watersports Centre
14:00:00	16:00:00	Tennis Tournament Beginners	Tennis Court 8
14:00:00	16:00:00	Tennis Tournament Intermediate	Tennis Court 8
14:00:00	16:00:00	Tennis Tournament Advanced	Tennis Court 8
14:15:00	15:15:00	Fun Time: Street day, 3-10 years	Basketball Court
15:15:00	15:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
15:15:00	15:45:00	Hula Hoop, min. 10 years	Volcano
15:45:00	16:45:00	Young Time: Street day, 10-15 years	Basketball Court
16:00:00	16:25:00	Swimming Intermediate Front Crawl, 6-15 years	North Pool
16:00:00	16:45:00	Circuit Fusion	Bar Park
16:15:00	17:00:00	SUP Intermediate	Watersports Centre

16:15:00	16:40:00	<b>Ultimate Abs</b>	Volcano
16:15:00	17:00:00	<b>Introduction to Beach Tennis</b>	Beach Volley Court
16:30:00	16:55:00	<b>Swimming Beginners Front Crawl, 6-15 years</b>	North Pool
17:00:00	17:45:00	<b>Stretch &amp; Relax</b>	Volcano
17:15:00	18:00:00	<b>CrossFit Taster session</b>	CrossFit area
17:30:00	18:20:00	<b>Hill Run 8km (5min/km)</b>	La Rambla

# Activity Programme



Thursday 13/05/2021

\*Additional cost €

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	<b>*Sunrise Openwater Swim Ironman route (20€)</b>	North Reception
08:00:00	08:15:00	<b>Morning Gymnastics</b>	Leisure Pool
08:15:00	08:45:00	<b>Morningrun or Walk 2-5 km</b>	La Rambla
09:05:00	10:35:00	<b>Green Team Friend</b>	Play Time
09:15:00	10:00:00	<b>Kayak Instruction Beginners</b>	Watersports Centre
09:15:00	10:00:00	<b>Padel Tennis Intro</b>	Padel Court 3
09:15:00	10:00:00	<b>BODYBALANCE™</b>	Volcano
09:30:00	13:30:00	<b>*Surf School</b>	North Reception
10:15:00	11:45:00	<b>Windsurf Instruction Beginners</b>	Watersports Centre
10:15:00	11:45:00	<b>Road Bike Tour Beginners, min. 16 years</b>	Bike Centre
10:15:00	10:55:00	<b>Swimming Breaststroke for adults</b>	North Pool
10:15:00	11:00:00	<b>Padel Tennis Beginners, 6-15 years</b>	Padel Court 3
10:15:00	11:00:00	<b>TRX Beginners</b>	TRX area/ Stadium
10:15:00	11:00:00	<b>Step Beginners</b>	Volcano
11:05:00	11:30:00	<b>Swimming Breaststroke Beginners 6-15 years</b>	North Pool
11:05:00	11:30:00	<b>Swimming Breaststroke Beginners 6-15 years</b>	North Pool
11:15:00	12:00:00	<b>Body toning</b>	Volcano
12:00:00	12:45:00	<b>Stand Up Paddle 10-15 years</b>	Watersports Centre
14:30:00	15:30:00	<b>Windsurf Instruction Intermediate</b>	Watersports Centre
14:30:00	15:20:00	<b>Beat the parents, min. 10 years</b>	5-a-side
15:00:00	15:45:00	<b>Tennis Instruction Beginners</b>	Tennis Court 8
15:15:00	16:00:00	<b>CrossFit Conditioning (all level)</b>	CrossFit area
15:15:00	15:45:00	<b>Trampoline Fitness, min 10 years</b>	The Lawn
16:00:00	16:30:00	<b>Stand Up Paddle (SUP) for beginners</b>	Watersports Centre
16:00:00	16:45:00	<b>Tennis Instruction Intermediate-Advanced</b>	Tennis Court 8
16:15:00	17:45:00	<b>Swim Squad</b>	North Pool
16:30:00	17:15:00	<b>Introduction to Barbell Training, class 3</b>	CrossFit area
16:30:00	16:55:00	<b>HIIT</b>	Volcano
17:15:00	18:00:00	<b>Stretch &amp; Relax</b>	Volcano
17:40:00	18:20:00	<b>HIIT Cycling</b>	Basketball Court

# Activity Programme



Friday 14/05/2021

\*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
09:00:00	09:45:00	Circuit training for seniors	Fitness Centre
09:00:00	09:50:00	Yoga Flow	5-a-side
09:15:00	09:45:00	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:30:00	13:30:00	*Surf School	North Reception
09:30:00	11:00:00	Green Team Friend	Play Time
10:00:00	11:00:00	Introduction to MTB	Bike Centre
10:05:00	10:50:00	Zumba®	5-a-side
10:10:00	10:50:00	HIIT Swimming, min. 15 years	North Pool
10:10:00	10:55:00	CrossFit Taster session	CrossFit area
10:15:00	11:45:00	Windsurf Instruction Beginners	Watersports Centre
11:00:00	11:45:00	Information tour in English	Sports Booking
11:10:00	11:50:00	Aqua jogging	North Pool
14:15:00	15:45:00	Windsurf Instruction Beginners	Watersports Centre
14:30:00	15:45:00	Family Athletics	Stadium
15:00:00	15:45:00	Tennis Instruction Beginners 6-15 years	Tennis Court 8
15:15:00	15:45:00	Deep Water Aqua	North Pool
16:00:00	17:00:00	Windsurf Instruction Refresher	Watersports Centre
16:00:00	16:45:00	Tennis Fitness	Tennis Court 8
16:15:00	16:40:00	Ultimate Abs	Volcano
16:30:00	17:15:00	Cross training	Bar Park
17:00:00	17:45:00	BODYPUMP™	Volcano
17:15:00	18:30:00	Off-road Run 12km (5.30 min/km)	La Rambla
17:45:00	18:30:00	TRX Intermediate	TRX area/ Stadium
18:00:00	18:45:00	Stretch & Relax	Volcano