



<u>Date-hour</u>	<u>MONDAY 28 NOVEMBER</u>	<u>TUESDAY 29 NOVEMBER</u>	<u>WEDNESDAY 30 NOVEMBER</u>	<u>THURSDAY 1 DECEMBER</u>	<u>FRIDAY 2 DECEMBER</u>	<u>SATURDAY 3 DECEMBER</u>	<u>SUNDAY 4 DECEMBER</u>
08.00 - 8.15	Sun Salutation	Sun Salutation	Sun Salutation	Sun Salutation	Sun Salutation	Sun Salutation	Sun Salutation
08.15	Social walk at Plaza Rambla Morning Run at Plaza Rambla 3 km run Meet at Plaza Rambla	Social walk at plaza rambla Morning Run at Plaza Rambla 30 minute off road run Meet at Plaza Rambla	Social Walk at Plaza Rambla Morning Run at Plaza Rambla 30 minute off road run Meet at Plaza Rambla	Social Walk at Plaza Rambla Morning Run at Plaza Rambla Light House Race 13km at Plaza Rambla	Social walk at plaza rambla Morning Run at Plaza Rambla 30 minute off road run Meet at Plaza Rambla	Social Walk at Plaza Rambla Morning Run at Plaza Rambla	Social Walk at Plaza Rambla Morning Run at Plaza Rambla 30 minute off road run Meet at Plaza Rambla
09.00	Team Fitness-X WOD (3€) in TC6 Pre-Book in SB (min 16yrs)	Fitness-X WOD (3€) in TC6 Pre-Book in SB (min 16yrs)	Team teach Fitness-X WOD in TC6 (3€) Pre-Book in SB (min 16yrs)	Fitness-X WOD in TC6 (3€) Pre-Book in SB (min 16yrs)	Fitness-X WOD (3€) in TC6 Pre-Book in SB (min 16yrs) Indoor Cycle –Beginners (2€) min.16 yr (45mins)	Team Fitness-X WOD (3€) in TC6 Pre-Book in SB (min 16yrs)	Fitness-X WOD in TC6 (3€) Pre-Book in SB (min 16yrs) 09.30 5K & 10 K Race Sign up in sport booking.
10.00 - 10.55	Functional at MC1	Body Combat at MC1 10.15 Watt Bike Challenge Sign up in SB Meet at Fitness Centre	Pilates meet Mc1	Core Control at MC1	Body Balance at MC1	Dance Aerobics at MC1	HIT at MC1 Kettlebell Instruction €5.00 Sign up in Sportbooking
11.00 - 11.50	Step and Fun at MC1 Social Volleyball (min 16 yrs) 11.15 Kettlebell at TC6 €5.00 Sign up in Sportbooking	Core Training Level 1 at MC1 Social Volleyball (min 16yrs) 11.15 Gym Induction at Fitness Center Sign up in Fitness Centre	HIT Functional & Athletic at MC1 Family Volleyball	Power Step vs Zumba Step at MC1 Social Volleyball (min 16yrs)	Zumba vs DanZy at MC1 Family Volleyball	Core Training Level 2 at MC1 Social Volleyball (min 16yrs)	Easy Ragga Dance at MC1 Family Volleyball 11.15 Ab/Core at TC6
12.00-12.50	Social Football at Indoor Hall (min 16yrs)	Social Football at Indoor Hall (min 16yrs)	Social Football at Indoor Hall Over 16 yrs				
				Social Basketball at MC1 (min 16 yrs)			Social Football at Indoor Hall (min 16 yrs)
14.00			Aquathlon (min 16 yrs) 3.2 km run 200 swim 3.2 run				
15.00- 15.55		Body Pump at TC6 Sign up in SB €3			Redcord Instruction €5 at TC6 Sign up in SB		Redcord Instruction €5 at TC6 Sign up in SB
15:15 - 15.45	Aqua Splash Dance ApartHotel Pool	Aqua HIT ApartHotel Pool	Aqua Fun Class 60's 70's 80's ApartHotel Pool	Aqua Zumba ApartHotel Pool	Aqua Fun Class ApartHotel Pool	Aqua Zumba ApartHotel Pool	Aqua Fun Class ApartHotel Pool

16.00 - 16.55	CORE at MC1 Indoor Cycle – Intermediate (2€) min.16 yr (45mins) Social Floorball at Indoor hall (min 16 years)	Body Balance at MC1 Indoor Cycle – Intermediate (2€) min.16 yr (45mins)	Body Attack at MC1 Indoor Cycle – Intermediate (2€) min.16 yr (45mins)	Functional at MC1 Indoor Cycle – Intermediate (2€) min.16 yr (45mins)	Pilates at MC1 Indoor Cycle – Intermediate (2€) min.16 yr (45mins) Social Handball at Indoor hall (min 16yrs)	Circuits at MC1	Barre Moves at MC1 Indoor Cycle – Intermediate (2€) min.16 yr (45mins)
17.00 - 17.45	Fitness and Fun party at MC1 Foam Roller Beginners Sign up in SB	Fitness & Fun Circuit at MC1 Social Football at Indoor Hall (min 16 years)	Fitness & Fun Class DanZy at MC1 Social Handball at Indoor hall (min 16yrs)	Fitness & Fun 80´s vs 90´s at MC1 Social Football at Indoor hall (min 16yrs)	Fitness & Fun Circuit at MC1	Disco vs Regga vs House at MC1 Indoor Cycle – Intermediate (2€) min.16 yr (45mins)	Back to the 80´s Aerobics at MC1 Social Football at Indoor Hall (min 16yrs)
17.45	Stretch At MC1	Stretch At MC1	Stretch At MC1	Stretch At MC1	Stretch At MC1	Stretch At MC1	Stretch At MC1

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Nordic Walk Hiking Tour							
Yoga	10.00 Yoga (90mins) Sign up in SB (€5)		10.00 Yoga (90mins) Sign up in SB (€5)		10.00 Yoga (90mins) Sign up in SB (€5)	10.00 Yoga (90mins) Sign up in SB (€5)	
Jeep Adventure Tours							
Biking Tours			10.00 Roadbike 40km Tour** Pre-Book in Cycle Center (30€) until 18.00 the day before tour			10.00 Mountain Bike 20Km Tour** Pre-Book in Cycle Center (25€) until 18.00 the day before tour	
Tennis	16.15 Tennis Intro (5€) Sign up in SB	11.00 Tennis Tournament (10€) Meeting point and payment at TC3	16.15 Tennis Intro(5€) Meeting point and payment at TC3		11.00 Tennis Tournament (10€) Meeting point and payment at TC3 16.15 Tennis Intro(5€) Meeting point and payment at TC3		
Swimming			09.00 Crawl Basic Stage 1 (€10) Sign up in SB	09.00 Crawl Basic Stage 12(€10) Sign up in SB	09.00 Crawl Basic Stage 3 (€10) Sign up in SB	09.00 Crawl Basic Stage 4 (10€) Sign up in Sports Booking	09.00 Crawl Basic Stage 5 (10€) Sign up in Sports Booking

Personal Training	PT available on request (50€ per hour) Pre-book in SB	PT available on request (50€ per hour) Pre-book in SB	PT available on request (50€ per hour) Pre-book in SB	PT available on request (50€ per hour) Pre-book in SB	PT available on request (50€ per hour) Pre-book in SB	PT available on request (50€ per hour) Pre-book in SB	PT available on request (50€ per hour) Pre-book in SB
Running /Swimming Races				08.15 Lighthouse Race 13km- Meet at Plaza Rambla Sign up in SB			
Golf	16.00 Intro Golf 3€ At Golf Club						

- **For indoor cycle and fitball:** Sign up in advance at Sports Booking (min. 16 yrs). Please collect your fitball from the Indoor Hall 5-10 min before the start of the class.
- **For Redcord/Workout of the Day/Ab-core training:** These instructions are for guests over 16 years old.
- **Fitness:** Opening hours fitness center 08.00-13.00 and 15.00-20.00. Use of fitness center is free of charge.
- **Bike tours:** If you want to join the tour with your own bike, please check availability at Sports Booking. 10 euro supplement for the road bike tours and MTB tours.
- **Golf:** Join the 3 day beginner Golf introduction: info about prices at the golf club house, min. 16 years). Important notice: **DO NOT RUN AROUND OR ON THE GOLF COURSE!!**
- **Social Tournaments:** All social tournaments are for adults (min 16 years). For badminton, please bring racket and shuttlecock. Rackets are available for hire at Sports Booking for 3 € plus a deposit card.
Please be aware that all instructions are in English and all activities or use of facilities is at your own risk.

THE SPORTS PROGRAM IS SUBJECT TO CHANGES

- **Para bicicleta en sala y fitball:** Hay que registrarse anteriormente en el Sports Booking (min. 16 años). Por favor, recoja su fitball en el Pabellón Cubierto (Indoor Hall) 5-10 min antes del principio de la clase.
- **Para (Redcord)/Entrenamiento del día /Entrenamiento de Cardio-Abdominales (Ab-core training):** Estas clases son para los huéspedes que tienen más de 16 años.
- **Fitness:** El Centro de Fitness es gratuito. Sus horarios de apertura son de 08.00-13.00 y de 15.00-20.00
- **Excursiones en bicicleta:** Si quiere participar en la excursión con su propia bicicleta, por favor consulte disponibilidad en el Sports Booking. Para las excursiones en bici de carretera o MountainBike, el coste es de 10 euros por persona.
- **Golf:** Si quiere participar en la Introducción al Golf de 3 días para los principiantes, puede encontrar toda la información referente a precios en la Casa Club (min. 16 años). Información importante: **!!! ESTÁ PROHIBIDO CORRER ALREDEDOR O EN EL INTERIOR DEL CAMPO DE GOLF!!!**
- **Torneos de Deporte Social:** Todos estos torneos son sólo para los adultos (min. 16 años). Por favor, llevar una raqueta y mosca para participar en Bádminton. Se pueden alquilar raquetas en el Sports Booking por 3 € siendo obligatorio un depósito.
Tenga en cuenta que todas las clases se dan en inglés y que todas las actividades y uso de las instalaciones deportivas son bajo su propia responsabilidad. Gracias.

ESTE PROGRAMA DE DEPORTES ESTÁ SUJETO A CAMBIOS

- Um an den **Aktivitäten Indoor Cycling und Fitball** teilzunehmen melden Sie sich bitte im Voraus im Sports Booking an. Das Mindestalter um an den Aktivitäten teilzunehmen beträgt 16 Jahre.
- Wir bitten Sie den Fitball 5-10 Minuten vor Beginn der Klasse an der Sporthalle abzuholen
- Das Mindestalter um an den **Aktivitäten Redcord, Workout des Tages und Ab-Core-Training** teilzunehmen beträgt 16 Jahre.
- Das **Fitnesscenter** ist von: 08.00-13.00 und von 15.00 bis 20.00 geöffnet. Die Benutzung des Fitnesscenters ist kostenlos.
- **Radtouren:** Wenn Sie an der Tour mit dem eigenen Rad teilnehmen möchten wenden Sie sich bitte an das Sports Booking um die Verfügbarkeit zu prüfen. Es werden 10 € für die Rennrad- und Mountainbiketouren berechnet.
- **Golf:** Nehmen Sie an der 3 Tage Einführung für Golf Anfänger teil: Informationen über die Preise erhalten Sie im Golf-Clubhaus, (min. 16 Jahre).
Wichtiger Hinweis: **LAUFEN BITTE SIE NICHT AUF ODER ÜBER DEN GOLFPLATZ**
- **Freundschaftsturniere:** Alle Freundschaftsturniere sind für Erwachsene (min 16 Jahre). Für Badmintonturniere, bitten wir Sie, Schläger und Federbälle mitzubringen, diese erhalten Sie im Sportsbooking für 3€ und eine Kautionskarte.
Bitte beachten Sie, dass alle Aktivitäten auf Englisch abgehalten werden und das die Nutzung der Einrichtungen auf eigene Gefahr erfolgt.

ÄNDERUNGEN DES SPORTPROGRAMMES SIND VORBEHALTEN