



WELC OME

Hello and welcome to Levante - powered by Playitas! We are delighted to have you and hope you have an amazing experience here. We are proud to be a sports hotel, offering a wide range of sporting activities to suit all levels, as well as plenty of opportunities to relax and recover for those of you who want to take it easy!

From fitness classes and triathlon training to padel and water sports, we have it all here. Alongside our top-class amenities, we are in a stunning area offering scenic views of the beach, traditional olive groves and local hillsides. With plenty to do both in the hotel and in the local area, you're sure to have an amazing holiday experience here at Levante.

Within this welcome pack you will find all the information you need regarding all of the activities and services we offer, but don't worry, if you have any questions our Playitas sports team will be happy to help!

Have fun!

SPORTSPROG RAM

Here at Levante we offer a wide selection of activities, sure to suit everyone, from professional athletes to those looking to enjoy some training and try some new sports.

Each week we have an updated sports program, including all of the fitness activities we will offer each day. To access this you can scan our QR code, and it is also posted on our sports notice boards, located at the tennis courts and next to the children's pool.

FITNESS CLASSES

In order to participate in these activities please note you may have to book in advance. Our schedule is colour coded, indicating if pre-booking is required or not. Colour codes

- **Black** – All activities in black do not require pre-booking. Simply arrive at the designated location on time!
- **Blue** – This indicates that the activity will be with one of our many guest instructors we will be hosting. No pre-booking required.
- **Red** – All events in red print must be pre-booked and can only be booked up to 1 day in advance.
- **Green** - All activities are kids & family friendly.

WHERE TO FIND YOUR CLASS

With beautiful scenery and great weather here at Levante, we host our fitness classes and activities outdoors, with several training areas around the hotel. To find your class location it will be indicated on the sports program with each activity.

Our CrossFit and functional classes will generally be at our brand new WOD box, located beside the tennis courts. This will be indicated as follows: @WOD Box

Many of our classes such as HIIT and pump and tone will be held at our Pink Platform, located next to the beachfront. This will be indicated as follows: @Pink Platform

For our yoga and relaxation classes, the yoga shala is the perfect place to enjoy the views and unwind. Right now, we have all spinning classes at yoga Shala. This is also located next to the beachfront. This will be indicated as follows: @ Yoga Shala.

If you're still unsure of the location, you can always ask any of the staff.



BIKE CENTER

A great way to explore the island of Rhodes is on two wheels! We are proud to offer a multitude of great cycling routes to improve your fitness while taking in the local scenery. Our experienced bike guides offer a selection of guided bike rides, which are colour coded for different levels so there's something for everyone, from triathletes and cyclists to novices.

Our bike rides are graded using the following colour codes:

Green: These are perfect for beginners or those looking for a more gentle trip. These range from 5-15km and are an excellent way of seeing the local area at a nice pace, and you'll even get a chance to stop for a coffee (or cocktail) along the way!

Blue: These routes offer a little more challenge, ranging from 10-25km with some climbs and mixed terrain.

Red: For those of you with more experience and looking for a challenging morning on the bike, our red routes range from 25-50km. With elevation changes and fantastic views you'll be challenged but rewarded with a fantastic trip.

Black: One for the cycling enthusiasts and our triathletes, these routes will challenge you technically, with tough climbs that will push you, with elevations that can reach over 1000m. Ranging from 40-100km these are not to be missed!

Free riding is available everyday 08:00-18:00 every day.

Both Road & mountain bikes are available. You will be provided with a spares pack & contact card in case of emergency. Please bring closed toe shoes & water, we provide the bottles, gloves & helmets. All routes can be found on the Strava app - search for 'Neilson Levante Bike Team'

With a guided ride, you will be guaranteed a bike for the ride, but not guaranteed a particular size. If you would like to reserve a bike for the day/ week, please speak to the bike team who can advise you on the premium bikes that come with an **extra charge**



TENNIS

The wonderful tennis coaches provide a host of training opportunities to help improve your game. There are free group sessions everyday with our qualified coaches, which are color coded based in your playing level.

Kids Aged 15+ can attend unaccompanied, children between the ages 12-14 need to be accompanied by a parent. Any child aged 11 and under cannot participate in these sessions, however a session will be put on for them, please contact the tennis team for further information.

Group coaching is divided into four levels as follows:

Green: For beginners who want to learn the basics and get started.

Blue: An intermediate group who have played before and are confident in a rally.

Red: This is aimed at more advanced, confident players who play competitively at home.

Black: This advanced group is for those playing high level club tennis.

Private, one-on-one sessions are also available, these can be booked by speaking to one of the tennis coaching team.

To book tennis courts for free play please book at:

Reception:

Group tennis sessions do not need to be booked, just attend!

BEACHFRONT

Situated at the beach, the Levante Beach team provides the opportunity to get on the water and try a variety of activities; Sailing, Windsurfing, Wing surfing, Paddle boarding, Kayaking, Water ski and Wake boarding (at your request).

The Beach team provide tuition appropriate for Beginners and advanced water users.

Head down to the beach reception for more information!

Beach is open from 9:00 - 18:00 every day. Included is kayaking and paddleboard equipment.

Extra charge- Sailing, Windsurfing, Wing surfing, Waterski tows and Wake board tows plus all tuition.

For anyone looking to enjoy any of the activities down on the beach it is advised that you attend a beach safety briefing. At the beach safety briefing they will talk through equipment available, sailing area and safety information.

Beach safety briefing are:

- Saturday 11am
- Sunday 11am

WHERE TO BOOK

Fitness classes, swim lesson, free play Tennis, Private padel court rental and Padel group classes must be booked at our reception..

The opening times for the booking your clauses 08.00-22.00

Biking activities must be booked at the bike centre.
Open 08.00-18.00

Waterfront activities must be booked down at the beach .
Open **7:30 – 14:30**



SPORTSHOP

Make sure to check out our sport shop! Located beside the main restaurant you can find everything you may need to take your activities to the next level.

We supply a wide range of supplements such as energy gels to keep you going on your runs and protein bars and powders to help you recover from your tough sessions!

We also have a great selection of Playitas sportswear, accessories and merchandise to choose from to keep you looking good!

X-FIT and functional week



About guest instructor Sarah Lindasdatter Krarup

Sarah is a sports geek with a lot of experience within the sports industry. Sarah started training CrossFit 16 years ago and has been a fan of this very thing ever since. Sarah has helped set up and teach several military training camps in Denmark. In addition, Sarah has previous experience of teaching abroad, and has run many different training camps abroad for over 9 years.

On a daily basis, Sarah works as a lawyer as well as trains daily and is competitively active in CrossFit.

Sarah is both the womens danish and nordic champion in weightlifting.

Follow Sarah on Instagram @sarahlk79

Classes with Sarah

🏋️	WOD	🏋️	FAMILY WOD
🏋️	ENDURANCE WOD	🏋️	GYMNASTICS WOD
🏋️	TEENS WOD	🏋️	OLYMPIC LIFTING
🏋️	KETTBELL WOD	🏋️	POWER HOUR

SUNDAY 6/10/2024



MORNING

- 08.00 MORNING YOGA @ Pink Platform
- 09.00 FITNESS- X – WOD @ WOD box
- 10.00 SPINNING @ YOGA SHALA
- 10.00 LOWER BODY@ WOD box
- 11.00 KETTLEBELL WORKOUT @WOD box
- 11.00 UPPERBODY WORKOUT @ Pink Platform
- 12.00 AQUA @ main Pool

AFTERNOON

- 15:00 WATERPOLO @ Main Pool
- 16:00 CORE @ Pink Platform
- 17:00 SOCIAL FOOTBALL @ Multicourt
- 17.00 FITNESS –X- WOD @ WOD box
- 18.00 STRETCH & RELAX @ Pink Platform
- 18:30 BEACH VOLLEYBALL

ADDITIONAL CLASSES

PADEL

- 14.00 SOCIAL PADEL
- 15.00 SOCIAL PADEL

BIKES

- 08:30 RED ROAD 40KM
- 15:00 BLUE MTB 25KM

SWIM

- 11:00 RED/ BLACK BACKSTROKE @ SPORTS POOL
- 11:30 GREEN/ BLUE BACKSTROKE @ SPORTS POOL
- 16:15 RED/ BLACK MEDLEY @ SPORTS POOL

PICKLEBALL

FREE PLAY AVAILABLE,
Book at reception

17:00 INTRO TO PICKLE – SIGN UP @ TENNIS
CENTRE

TENNIS @ Tennis center

(Ages 14+)

- 08.30 RED GROUP SESSION
- 09:30 BLACK GROUP SESSION
- 10:30 GREEN GROUP SESSION
- 11:30 BLUE GROUP SESSION
- 15.00 RED BLUE CATCH UP
- 16.00 SUPERDRILLS ****extra charge****
- 18:00 SOCIAL TENNIS

WATERFRONT

WINDSURF/ DINGHY AND WINDSURF KIT RENTAL
extra charge

Redmarks require pre booking @ sports booking. Classes with bluemarks are with our guest instructors

MONDAY 7/10/2024



MORNING

08.00 MORNING YOGA @ Pink Platform

09:00 FITNESS - X-WOD @ WOD box

10:00 SPINNING @ Yoga Shala

11.00 TABATA @ WOD box

11.15 CORE @ Pink Platform

12.00 AQUA @ Main Pool

AFTERNOON

15.00 BOOTY @ Pink Platform

15.00 WATERPOLO @ Main Pool

16:00 PILATES @ Pink Platform

16:00 OLYMPIC WEIGHTLIFT @ WOD box with Sarah

17.00 FITNESS - X-WOD @ WOD box with Sarah

18:00 SUNSET YOGA @ Pink Platform

ADDITIONAL CLASSES

Padel

14.00 TRY PADEL

15.00 PADEL LESSON BEGINNER

16.00 PADEL LESSON INTERMEDIA

17.00 SOCIAL PADEL BEGINNER

18.00 SOCIAL PADEL INTERMEDIA

BIKES

(Ages 14 + 14 – 18 with adult present)

08:30 RED MTB 20KM

15:00 BLUE ROAD 24KM

SWIM

08:45 OPEN WATER SWIM 600M (sign up @ beach)

11:00 GREEN/ BLUE FRONTCRAWL CLINIC

11:30 RED/ BLUE FRONTCRAWL CLINIC

17:00 SKILLS AND DRILLS: INTRO TO FLY @ SPORTS POOL 17:30

CLINIC: STARTS & TURNS @ SPORTS POOL

Red marks require pre booking @ sports booking. Classes with blue marks are with our guest instructors

PICKLEBALL

FREE PLAY AVAILABLE,
Book @ reception

17:00 INTRO TO PICKLEBALL- SIGN UP @ TENNIS CENTRE

TENNIS @ Tennis center

(Ages 14+)

08:30 BLACK TENNIS

09:30 RED TENNIS

10:30 BLUE TENNIS

11:30 GREEN TENNIS

15:00 SUPERDRILLS **extra charge**

16:00 BLUE/ RED CATCH UP TENNIS

17:00 RED TENNIS SESSION 2

18:00 SIPS N HITS 18+

WATERFRONT

WINDSURF/ DINGHY AND WINDSURF KIT RENTAL extra charge

TUESDAY 8/10/2024



MORNING

07:30 MORNING RUN 30 min @ Reception (All levels welcome)

08:00 SLOW VINYASA YOGA @ Pink Platform

09:00 FITNESS - X-WOD @ WOD box

10:00 HIIT bodyweight @ Multicourt

11:00 HYDROX @ WOD box

11:30 SPINNING @ Yoga Shala

11:15 CORE @ Pink Platform

12:00 KETTLEBELL INTRO @ WOD box

12:00 AQUA @ Main Pool

AFTERNOON

15:00 HANDSTAND WORKSHOP @ WOD box with Sarah

15:00 TABATA @ Pink Platform

16:00 BOXING @ Multicourt

17:00 SOCIAL FOOTBALL @ Multicourt

17:00 FITNESS – X – WOD @ WOD box with Sarah

18:00 SUNSET YOGA @ Pink Platform

18:30 BEACH VOLLEYBALL @ Volleyball court

ADDITIONAL CLASSES

PADEL

15:00 PADEL LESSON BEGINNER

16:00 PADEL LESSON INTERMEDIA

17:00 SOCIAL PADEL BEGINNER

18:00 SOCIAL PADEL INTERMEDIA

BIKES

(Ages 14 + 14 – 18 with adult present)

08:30 RED ROAD 40KM

09:45 RED MTB 15KM

15:00 GREEN INTRO TO ROAD BIKES 10KM

SWIM

08:45 OPEN WATER SWIM 1KM- BEACH (sign up @ beach)

11:00 RED/BLACK BREASTROKE CLINIC @ SPORTS POOL

11:30 GREEN/ BLUE BREASTROKE CLINIC @ SPORTS POOL

15:30 SKILLS & DRILLS INTRO TO TUMBLES @ SPORTS POOL

16:00 GREEN/BLUE SWIM @ SPORTS POOL

PICKLEBALL

FREE PLAY AVAILABLE,
Book @ reception

17:00 INTRO TO PICKLEBALL- SIGN UP @ TENNIS CENTRE

TENNIS @ Tennis center

(Ages 14 +)

08:30 RED TENNIS

09:30 BLACK TENNIS

10:30 GREEN TENNIS

11:30 BLUE TENNIS

15:00 RED TENNIS 2

16:00 BLUE/ RED TENNIS

17:00 SUPERDRILLS ****extra charge****

18:00 SOCIAL TENNIS

WATERFRONT

09:00 – 18:00 DINGHY AND WINDSURF

RENTAL AND TUITION AVAILABLE extra charge

Red marks require pre booking @ sports booking. Classes with blue marks are with our guest instructors

WEDNESDAY 09/10/2024



MORNING

08.00 MORNING YOGA @ Pink Platform

09.00 FITNESS- X – WOD @ WOD box

10.00 DANCE FITNESS @ Pink Platform

10.00 POWER HOUR @ WOD box with Sarah

10.00 TABATA @ Multicourt

11.00 X-FIT GYMNASTICS @WOD box with Sarah

11:00 STRECH AND RELAX @ Pink Platform

12.00 AQUA @ Main Pool

AFTERNOON

15.00 PILATES @ Pink Platform

16:00 LOWERBODY @ WOD box

16:00 UPPERBODY @ Pink Platform

17.00 FITNESS- X – WOD @ WOD box

17.00 CORE @ Pink Platform

18:00 MINDFUL YOGA @ Pink Platform

ADDITIONAL CLASSES

PADEL

15.00 PADEL LESSON BEGINNER

16.00 PADEL LESSON INTERMEDIA

17.00 SOCIAL PADEL BEGINNER

18.00 SOCIAL PADEL INTERMEDIA

BIKES

(Ages 14 + 14 – 18 with adult present)

08:30 RED ROAD 50KM

09:45 BLACK MTB 20KM

15:00 BLUE ROAD 20KM

18:00 BIKE MAINTENANCE CLINIC @ TERRACE

SWIM

08:45 OPEN WATER SWIM 1.5KM @ BEACH (sign up @ beach)

15:30 RED/ BLACK FRONTCRAWL @SPORTS POOL

16:15 GREEN/ BLUE FRONTCRAWL @ SPORTS POOL

17:00 SKILLS & DRILLS: BREATHWORK @ SPORTS POOL

17:30 GREEN/ BLUE MEDLEY @ SPORTS POOL

PICKLEBALL

FREE PLAY AVAILABLE,
Book @ reception

17:00- INTRO TO PICKLEBALL- SIGN UP @ TENNIS CENTRE

TENNIS @ Tennis center

(Ages 14+)

08:30 BLACK TENNIS

09:30 RED TENNIS

10:30 BLUE TENNIS

11:30 GREEN TENNIS

15:00 RED TENNIS 2

16:00 BLUE/ RED TENNIS

17.00 SUPERDRILLS ****extra charge****

18:00 SOCIAL TENNIS

WATERFRONT WINDSURF/ DINGHY AND WINDSURF KIT RENTAL extra charge

KAYAK TO TOWN 09:30- 11:30 (SIGN UP AT BEACH)

Red marks require pre booking @ sports booking. Classes with blue marks are with our guest instructors

THURSDAY 10/10/2024



MORNING

06:45 SUNRISE POWERWALK @ Reception
08.00 MORNING YOGA @ Pink Platform
09:00 FITNESS X-WOD @ WOD box
09.00 CORE @ Pink Platform
10.00 CARDIO @ Pink Platform
10.00 HYDROX @ WOD box with Sarah
10.00 TABATA @ Multicourt
11:00 KETTLEBELLWOD @ WOD box with Sarah
11:00 STRONG FLOW YOGA @ Pink Platform
12.00 AQUA @ Main Pool

AFTERNOON

15:00 MOBILITY @ Pink Platform
15.00 UPPERBODY @ WOD box
16:00 BOXING @ Multicourt
17.00 SPINNING @ YOGA SHALA
18.00 FITNESS X- WOD @WOD box
18:00 YOGA @ Pink Platform
19:00-20:00 OPEN WOD BOX – self training
****SIGN UP IS MANDATORY****
18:15 STAFF VS GUESTS VOLLEYBALL

ADDITIONAL CLASSES

PADEL

TOURNAMENT DAY
Beginner tournament 14:00
Intermediate tournament 15.30

PICKLEBALL

FREE PLAY AVAILABLE,
Book @ reception
17:00 INTRO TO PICKLEBALL- SIGN UP @ TENNIS CENTRE

BIKES

(Ages 14+)
08:30 BLACK ROAD 65KM
09:00 BLUE MTB 20KM
15:00 GREEN MTB 10KM

TENNIS @ Tennis center

(Ages 14+)
08:00 RED/ BLACK TOURNAMENT
10:00 GREEN/ BLUE TOURNAMENT
17:00 SOCIAL TENNIS

SWIM

08:30 OPEN WATER SWIM 2KM @ BEACH (sign up @ beach)
11:00 RED/ BLACK SWIM @ SPORTS POOL
11:30 GREEN/ BLUE SWIM @ SPORTS POOL
17:15 SKILLS & DRILLS: DIVING
18:00 GREEN/ BLUE SWIM @ SPORTS POOL

WATERFRONT

09:30 – 18:00 DINGHY AND WINDSURF
RENTAL extra charge
09:30 18- 25 yrs old KAYAK TO BEACH BAR

Red marks require pre booking @ sports booking. Classes with blue marks are with our guest instructors

FRIDAY 11/10/2024



MORNING

- 07:30 MORNING RUN 30 min @ Reception
(All levels are welcome)
- 08:00 MORNING MOBILITY @ Pink Platform
- 09:00 STRECH AND RELAX @ Pink Platform
- 09:00 **FITNESS X –WOD @ WOD box**
- 10:00 FUNCTIONAL WORKOUT @ WOD box
- 11:00 CIRCUIT @ Pink Platform
- 11:30 **SPINNING @ Yoga Shala**
- 12:00 AQUA @ Main Pool

AFTERNOON

- 15:00 CORE @ Pink Platform
- 15:00 **X-FIT GYMNASTIC @ WOD box with Sarah**
- 16:00 TABATA @ Pink Platform
- 17:00 BOOTY @ Pink Platform
- 17:00 **FITNESS X- WOD @ WOD box with Sarah**
- 18:00 STRECH AND RELAX @ Pink Platform

ADDITIONAL CLASSES

PADEL

- 15:00 **PADEL LESSON BEGINNER**
- 16:00 **PADEL LESSON INTERMEDIA**
- 17:00 **SOCIAL PADEL BEGINNER**
- 18:00 **SOCIAL PADEL INTERMEDIA**

BIKES

FREE RIDE DAY

PICKLEBALL

**FREE PLAY AVAILABLE,
Book @ reception**

TENNIS @ Tennis center

(Ages 14+)

- 08:30 **BLACK TENNIS**
- 09:30 **RED TENNIS**
- 10:30 **BLUE TENNIS**
- 11:30 **GREEN TENNIS**
- 15:00 **RED TENNIS 2**
- 16:00 **BLUE/ RED TENNIS**
- 17:00 **SUPERDRILLS ****extra charge******
- 18:00 **SOCIAL TENNIS**

WATERFRONT

09:00 **DINGHY AND WINDSURF KIT RENTAL extra charge**

Red marks require pre booking @ sports booking. Classes with **blue marks** are with our guest instructors

SATURDAY 12/10/2024



MORNING

- 07:00 SUNRISE POWERWALK @ Reception
- 08:00 MORNING YOGA @ Pink Platform
- 09.00 FITNESS X - WOD @ WOD box
- 10.00 BOOTY @ Pink Platform
- 10.00 BODYWEIGHT WORKOOUK @ Multicourt
- 11:00 KETTLEBELL WORKOUT @ WOD box
- 11.15 STRECH AND RELAX @ Pink Platform
- 11:30 SPINNING @ Yoga Shala
- 12.00 AQUA @ Main Pool

AFTERNOON

- 15:00 PILATES @ Pink Platform
- 16:00 TABATA @ Pink Platform
- 17.00 FUNTIONAL TRAINING @ pink Platform
- 16.00 POWER HOUR @ WOD box with Sarah
- 17.00 FITNESS X –WOD @ WOD box with Sarah
- 18.00 SUNSET YOGA @ Pink Platform

ADDITIONAL CLASSES

PADEL

- 15.00 PADEL LESSON BEGINNER
- 16.00 PADEL LESSON INTERMEDIA
- 17.00 SOCIAL PADEL BEGINNER
- 18.00 SOCIAL PADEL INTERMEDIA

BIKES

- 11:30 GREEN MTB 7KM
- 15:00 BLUE MTB 20KM
- 15:30 BLUE ROAD 15KM

SWIM

- 08:00 RED/ BLACK SWIM @ SPORTS POOL
- 11:30 RED/BLACK FRONTCRAWL @SPORTS POOL
- 12:00 GREEN/ BLUE FRONTCRAWL @SPORTS POOL
- 18:00 SOCIAL SWIM @ SPORTS POOL

PICKLEBALL

FREE PLAY AVAILABLE,
Book @ reception

TENNIS @ Tennis center

(Ages 14+)

- 11:00 RED TENNIS
- 12:00 BLUE TENNIS
- 15:00 BLUE/ RED TENNIS
- 16:00 GREEN TENNIS
- 17:00 BLACK TENNIS
- 18:00 SOCIAL TENNIS

WATERFRONT

11:00 BEACH SAFETY BRIEFING
DINGHY/ WINDSURF HIRE AVAILABLE
****extra charge****

Redmarks require pre booking @ sports booking. Classes with bluemarks are with our guest instructors

SUNDAY 13/10/2024



MORNING

- 08.00 MORNING YOGA @ Pink Platform
- 09.00 FITNESS- X – WOD @ WOD box
- 10.00 SPINNING @ Yoga Shala
- 10.00 LOWERBODY @ WOD box
- 10.00 LEGS, BUMS & TUMS @ pink Platform
- 11.00 KETTLEBELL WORKOUT @WOD box
- 11:00 UPPERBODY WORKOUT @ Pink Platform

AFTERNOON

- 16:00 CORE @ Pink Platform
- 16:00 CIRCUIT @ WOD box
- 17.00 FITNESS –X- WOD @ WOD box
- 18.00 STRETCH & RELAX @ Pink Platform
- 18:30 BEACH VOLLEYBALL

ADDITIONAL CLASSES

PADEL

BOOK YOUR COURT @ reception **extra charge**

BIKES

- 08:30 RED ROAD 40KM
- 15:00 BLUE MTB 25KM

SWIM

- 11:00 RED/ BLACK BACKSTROKE @ SPORTS POOL
- 11:30 GREEN/ BLUE BACKSTROKE @ SPORTS POOL
- 16:15 RED/ BLACK MEDLEY @ SPORTS POOL

PICKLEBALL

FREE PLAY AVAILABLE,
Book at reception

17:00 INTRO TO PICKLE – SIGN UP @ TENNIS
CENTRE

TENNIS @ Tennis center

(Ages 14+)

- 08.30 RED GROUP SESSION
- 09:30 BLACK GROUP SESSION
- 10:30 GREEN GROUP SESSION
- 11:30 BLUE GROUP SESSION
- 15.00 RED BLUE CATCH UP
- 16.00 SUPERDRILLS **extra charge**
- 17:00 SOCIAL TENNIS

WATERFRONT

WINDSURF/ DINGHY AND WINDSURF KIT RENTAL
extra charge

Redmarks require pre booking @ sports booking. Classes with blumarks are with our guest instructors



OPENING

BOOKING HOURS Reception

(Fitness classes, padel, swim classes, pickleball and tennis courts)

08.00 – 22.00

Fitness Center

07.00 – 22.00

Unsupervised

BIKE CENTRE

08:00 – 18:00

BEACH

09.00– 18:00 everyday

WATERSKI AND WAKEBOARD

07:30 – 14:30 except Friday

levante **play itas** powered by

EVENING SOCIAL ACTIVITIES

Sips & hits – Monday 18.30



Sips & Hits

With a drink in one hand and a tennis racket in the other – the coaches will be hosting a variety of tennis games! A great social to mix and mingle with other likeminded guests!

DISCO BINGO – MONDAY

21.30



Disco Bingo

Bingo but with a musical twist! Like regular bingo, you've got to fill lines and full houses to win prizes. The difference is, instead of calling out numbers, we're playing songs which match those on the bingo cards.

QUIZ NIGHT – WEDNESDAY

21.30



Quiz Night

Let's get quizzical! Test your knowledge, as we host a fun-filled evening of trivia and brain-teasing questions. Plenty of fun to be had and prizes to be won!

AWARDS NIGHT + LIVE MUSIC – THURSDAY 21.00



Awards Night

Join us for an evening of camaraderie with the Playitas / Neilsen sports team! We're gathering on the terrace at 9:00 PM to celebrate the week's achievements in an uplifting prize ceremony. And right after the ceremony, the evening continues with live music! Be sure to be there so you don't miss out on this!

PADEL TOURNAMENT



Program for e

Come join our friendly padel tournament up at the courts.

All levels are welcome to join!

Sign-up in the sports booking SHOP.

No partner needed.

If you don't feel like joining the competition, do not hesitate to come hangout on the side with us!

We're promising good vibes ONLY!



X-FIT WOD COMPETITION



Come and join us for a challenge and competition in the WOD-box!

We're promising good vibes and a good workout!

All levels are welcome to join! Even if you do not want to compete, you still get a good workout and a nice smile to your lips.

Sign-up in the sports booking SHOP.

SPIN CLASSES

You need to be there **10 minutes** before the start time to be able to get help to set up your bike and get ready to GO

For the spinning bikes you can use normal trainers or SPD MTB clips. We can't offer you any other pedals. Feel free to bring your own pedals 10 minutes before the class and we will help you to swap them.

Some of our spin classes require you to download an app on your smart phone.

Please make sure you do this before you show up.

See how below:

- Download the app "Intelligent cycling" for android or IOS
- Choose the "sign up for free"
- Fill in your information
 - 1.Height
 - 2.Body weight
 - 3.Gender
 - 4.Birthday
 - 5.Cardio hours per week
 - 6.Max heart rate (an estimate is 220 minus your age)
 - 7.Fill in your FTP (Functional Threshold Power)



The instructor will be there to help you

- Turn on the Bluetooth
- Start pedalling and choose "Connect"
 - 1.You will now be able to connect to your bike numberReturn to "Home" and choose "Ticket to ride" or "Just ride" depending on the instructions from your instructor.

You are now ready for your spinning class, enjoy!



FIND YOUR FTP

HOW IT WORKS

- (1) Choose sex, (2) find your training level based on effective cycling hours per week,
- (3) find your age, (4) find your weight. If it is more than your ideal weight, you should go with your ideal weight.

■ AGE ■ WEIGHT ■ FTP

LEVEL 1 - MEN

1-3 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	125	122	119	116	113	110	107	104
55	137	134	131	128	125	122	119	116
60	150	146	142	138	134	130	126	122
65	162	158	154	150	146	142	138	134
70	175	171	167	163	159	155	151	147
75	187	182	177	172	167	162	157	152
80	200	195	190	185	180	175	170	165
85	212	207	202	197	192	187	182	177
90	225	219	213	207	201	195	189	183
95	237	231	225	219	213	207	201	195
100+	240	234	228	222	216	210	204	198

LEVEL 1 - WOMEN

1-3 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	100	98	95	93	90	88	85	83
55	110	107	104	101	98	95	92	89
60	120	117	114	111	108	105	102	99
65	130	127	124	121	118	115	112	109
70	140	137	134	131	128	125	122	119
75	150	146	142	138	134	130	126	122
80	160	156	152	148	144	140	136	132
85	170	166	162	158	154	150	146	142
90	180	176	172	168	164	160	156	152
95	190	185	180	175	170	165	160	155
100+	200	195	190	185	180	175	170	165

LEVEL 2 - MEN

3-5 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	150	146	142	138	134	130	126	122
55	165	161	157	153	149	145	141	137
60	180	176	172	168	164	160	156	152
65	195	190	185	180	175	170	165	160
70	210	205	200	195	190	185	180	175
75	225	219	213	207	201	195	189	183
80	240	234	228	222	216	210	204	198
85	255	249	243	237	231	225	219	213
90	270	263	256	249	242	235	228	221
95	285	278	271	264	257	250	243	236
100+	300	293	286	279	272	265	258	251

LEVEL 2 - WOMEN

3-5 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	125	122	119	116	113	110	107	104
55	137	134	131	128	125	122	119	116
60	150	146	142	138	134	130	126	122
65	162	158	154	150	146	142	138	134
70	175	171	167	163	159	155	151	147
75	187	182	177	172	167	162	157	152
80	200	195	190	185	180	175	170	165
85	212	207	202	197	192	187	182	177
90	225	219	213	207	201	195	189	183
95	237	231	225	219	213	207	201	195
100+	240	234	228	222	216	210	204	198

LEVEL 3 - MEN

5-8 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	175	171	166	162	157	153	148	144
55	193	188	183	178	173	168	163	158
60	210	205	200	195	190	185	180	175
65	227	222	216	211	205	200	194	189
70	245	239	233	227	221	215	209	203
75	262	255	248	241	234	227	220	213
80	280	273	264	257	250	243	236	229
85	297	290	283	274	267	260	253	246
90	315	307	299	291	283	275	267	259
95	332	324	316	308	300	292	284	276
100+	350	341	332	323	314	305	296	287

LEVEL 3 - WOMEN

5-8 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	138	135	131	128	124	121	117	114
55	151	147	143	139	135	131	127	123
60	165	161	157	153	149	145	141	137
65	179	175	170	166	161	157	152	148
70	193	188	183	178	173	168	163	158
75	206	201	196	191	186	181	176	171
80	220	215	209	204	198	193	187	182
85	234	228	222	216	210	204	198	192
90	248	242	236	230	224	218	212	206
95	261	254	247	240	233	226	219	212
100+	275	268	261	254	247	240	233	226

LEVEL 4 - MEN

8+ hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	200	195	190	185	180	175	170	165
55	220	215	210	205	200	195	190	185
60	240	234	228	222	216	210	204	198
65	260	254	248	242	236	230	224	218
70	280	273	266	259	252	245	238	231
75	300	293	286	279	272	265	258	251
80	320	312	304	296	288	280	272	264
85	340	332	324	316	308	300	292	284
90	360	351	342	333	324	315	306	297
95	380	371	362	353	344	335	326	317
100+	400	390	380	370	360	350	340	330

LEVEL 4 - WOMEN

8+ hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	150	146	142	138	134	130	126	122
55	165	161	157	153	149	145	141	137
60	180	176	172	168	164	160	156	152
65	195	190	185	180	175	170	165	160
70	210	205	200	195	190	185	180	175
75	225	219	213	207	201	195	189	183
80	240	234	228	222	216	210	204	198
85	255	249	243	237	231	225	219	213
90	270	263	256	249	242	235	228	221
95	285	278	271	264	257	250	243	236
100+	300	293	286	279	272	265	258	251

Notice to All Guests
Effective from Saturday
13/7/2024:

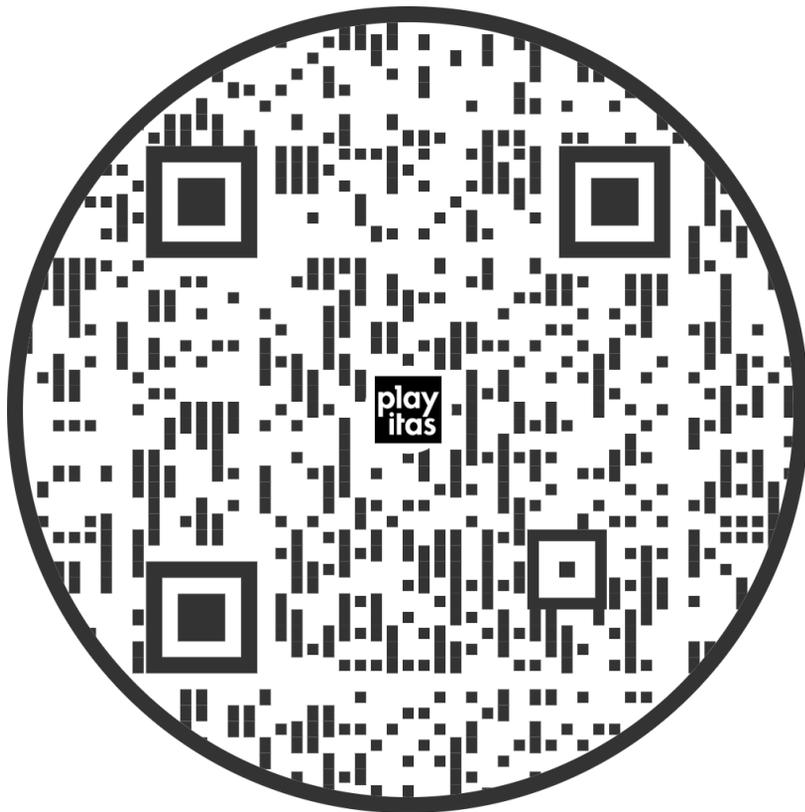


To ensure that all guests have a fair opportunity to use our facilities, we kindly request that sunbeds not be reserved by placing towels or other items on them before **10:00 am.**

All items found on the sunbeds before **10:00 am** will be placed on the nearest table.

Thank you for your understanding and cooperation

**FOR INFO REGARDING THE
SPORTS ACTIVITIES &
SPORTS PROGRAM
PLEASE SCAN THE QR CODE**



OPENING TIMES FOR THE BOOKINGS 08.00 – 22.00

Booking rules: You can only book your class on the same day or up to one day in advance.

It is only the **red marked classes on the sports program that require pre-booking**

OPEN GYM WOD BOX

If you want to use our equipment and train on your own, you can sign up for open gym. You can find the days and times in the sports program.

There are a limited number of spots for each open gym session, and you must be here when the hour starts. If no one shows up at the scheduled time, we reserve the right to cancel the hour

YOGA (45-55min) Yoga involves a series of postures, stretching and strengthening in combination with breathing and meditation techniques.

MOBILITY MOVEMENT (30-45min) We are taking care joints in this class where we focus on our full range of motion and slow and controlled movements. Like a stretch class - for your joints

KETTLEBELL INTRO (45-55min) A class where the focus is on the technique in the most common kettlebell exercises

BOOTY & CORE (30-45min) Why go to booty and core when you can get both in this class?

FULL BODY CIRCUIT Station-based workout with or without equipment designed to build your muscles and get you stronger!

FOAMROLLER (30-45min) A self massage class, releasing tension and increasing blood flow to the muscles

X-WOD (45-55min) Crossfit-inspired class that includes exercises with barbells, kettlebells, bodyweight, gymnastics etc. We often start with strenght and finish the class with a high intensity workout. All the exercises can be adapted to fit your fitness level

CORE (30-45min) An all-abs workout! We target all of our core muscles during this class!

HIIT (30-45min) High Intensity Interval Training – can be for strenght or conditioning

BOOTY (30-45min) A workout focused on our lower body that involves a lot of squatting, jumping and booty bands.

KETTLEBELL WORKOUT (45- 55min) A workout only with kettlebell- and bodyweight exercises!

RUNNING DRILLS (30-45min) Drills and exercises designed to improve your running technique.

MORNING STRETCH (30-45min) A great way to start your day with slow movements and stretches!

SPIN (40-55min) Indoor cycling/Spinning - if you like the burning feeling in your legs and the sweat dripping, this is the class for you.

CIRCUIT Station-based workout with or without equipment. You decide the intensity of the workout! Be ready to sweat.

STRETCH & RELAX Come and join this calming and relaxing stretch class. A good way to end the day after workouts or after a tough day at the beach/pool! Award your body with some relaxation and stretch

BOX is a boxing class with basic punches, straight punches, hooks and uppercuts. We also work with kicking exercises such as roundhouse kicks. Different interval times and cardio elements in the class.

POWER PUMP is endurance strength training for the whole body. Exercises such as squats, deadlifts, chest press, lunges, triceps, shoulder press etc. We work all the major muscles in the body for a total of approximately 700 repetitions.

CARDIO ENERGY is the ultimate fitness class for those who like to move to the beat of the music! Here you get a fun, fast-paced and effective energetic workout.

POWER STEP is the ultimate interval class! We alternate between cardio intervals on the step and strength intervals with weights to give you a complete workout for the whole body. The class contains some jumping, but as a participant you can choose to modify the steps yourself so that you get the most benefit and enjoyment from the class.

FOAMROLLING Release muscle tension with the help of a foam roller. A foam roller is a lightweight, cylindrical tube of compressed foam. It may be used for many reasons, including increasing flexibility, reducing soreness, and eliminating muscle knots. Foam rolling is a method of self-myofascial release (SMR).
BOOTCAMP Hill sprints, penalty burpees and team-efforts are just some of the things included in this military-like training. Do you have the guts to try.

PILATES is a low impact exercise comprising controlled movements that enhance your balance, core strength, mobility, flexibility, and even mood. It focuses on the smaller and deeper muscles that support your structure and enhance your overall health.

STRONG FLOW YOGA is a fitness-based vinyasa practice. An offshoot of Ashtanga Yoga, it has many of the same qualities and benefits, including building internal heat, increased stamina, strength, and flexibility, as well as stress reduction.