



# SPORTS PROGRAM

SOLO SENIOR - AQUA VISTA - POWERED BY PLAYITAS  
WEEK 11/12 - 2026

|       | SATURDAY 14/3     | SUNDAY 15/3                                                  | MONDAY 16/3                        | TUESDAY 17/3                       | WEDNESDAY 18/3                     | THURSDAY 19/3                      | FRIDAY 20/3                        | SATURDAY 21/3            |
|-------|-------------------|--------------------------------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|--------------------------|
| 7:00  | CPH ARRIVAL 20.45 | BREAKFAST<br>07.00-10.00                                     | BREAKFAST<br>07.00-10.00           | BREAKFAST<br>07.00-10.00           | BREAKFAST<br>07.00-10.00           | BREAKFAST<br>07.00-10.00           | BREAKFAST<br>07.00-10.00           | BREAKFAST<br>07.00-10.00 |
| 8:00  |                   |                                                              |                                    | YOGA<br>OBS KL 07.00-08.00!!       |                                    |                                    |                                    | CPH DEPARTURE<br>21:45   |
| 9:00  |                   | YOGA<br>09.00-10.00                                          | YOGA<br>09.00-10.00                |                                    | YOGA<br>09.00-10.00                | YOGA<br>09.00-10.00                | YOGA<br>09.00-10.00                |                          |
| 10:00 |                   |                                                              |                                    |                                    |                                    |                                    |                                    |                          |
| 11:00 |                   | Introduction Apollo<br>Sports Solo Senior 50+<br>11.00-12.00 |                                    |                                    |                                    |                                    | FUNCTIONAL TRAINING<br>11.00-12.00 |                          |
| 12:00 |                   | LUNCH<br>12.30-14.30                                         | LUNCH<br>12.30-14.30               | LUNCH<br>12.30-14.30               | LUNCH<br>12.30-14.30               | LUNCH<br>12.30-14.30               | LUNCH<br>12.30-14.30               |                          |
| 12:00 |                   | FUNCTIONAL TRAINING<br>12.00-13.00                           | FUNCTIONAL TRAINING<br>12.00-13.00 | FUNCTIONAL TRAINING<br>12.00-13.00 | FUNCTIONAL TRAINING<br>12.00-13.00 | FUNCTIONAL TRAINING<br>12.00-13.00 |                                    |                          |
| 13:00 |                   |                                                              |                                    |                                    |                                    | PADEL TOURNAMENT<br>13.00-15.00    |                                    |                          |
| 14:00 |                   | PADEL<br>14.00-15.00                                         |                                    | PADEL<br>14.00-15.00               |                                    |                                    | SPINNING<br>14.00-15.00            |                          |
| 15:00 |                   |                                                              |                                    |                                    |                                    |                                    |                                    |                          |
| 16:00 |                   | YOGA<br>16.00-17.00                                          | SPINNING<br>16.00-17.00            | YOGA<br>16.00-17.00                | YOGA<br>16.00-17.00                |                                    | YOGA<br>16.00-17.00                |                          |



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|       | MONDAY 2/3 | TUESDAY 3/3                    | WEDNESDAY 4/3         | THURSDAY 5/3                   | FRIDAY 6/3                     | SATURDAY 7/3          | SUNDAY 8/3                                    | MONDAY 9/3 |
|-------|------------|--------------------------------|-----------------------|--------------------------------|--------------------------------|-----------------------|-----------------------------------------------|------------|
| 18:00 |            |                                | YOGA<br>18.00-19.00   |                                |                                | YOGA<br>18.00-19.00   |                                               |            |
| 18:00 |            | SOCIAL DINNER<br>OBS kl. 19.00 | DINNER<br>18.30-21.30 | SOCIAL DINNER<br>OBS kl. 19.00 | SOCIAL DINNER<br>OBS kl. 19.00 | DINNER<br>18.30-21.30 | SOCIAL DINNER<br>OBS kl. 19.00                |            |
| 19:00 |            | SOCIAL NIGHT                   |                       | SOCIAL NIGHT                   | SOCIAL NIGHT                   |                       | SOCIAL NIGHT WITH<br>DANCE AND MUSIC<br>20.30 |            |
| 20:00 |            | SOCIAL NIGHT                   |                       | SOCIAL NIGHT                   | SOCIAL NIGHT                   |                       | SOCIAL NIGHT WITH<br>DANCE AND MUSIC          |            |

|            |         |        |     |       |               |          |
|------------|---------|--------|-----|-------|---------------|----------|
| Restaurant | WOD Box | Social | Bar | Padel | Pink Platform | Spinning |
|------------|---------|--------|-----|-------|---------------|----------|

\*PARTICIPATION IN THE EVENTS IS VOLUNTARY - IF YOU HAVE ANY QUESTIONS, JUST ASK:  
HENRIK (+45 53564383)