

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 07.00-10.00	BREAKFAST 07.00-10.00	BREAKFAST 07.00-10.00	BREAKFAST 07.00-10.00	BREAKFAST 07.00-10.00	BREAKFAST 07.00-10.00	BREAKFAST 07.00-10.00
8:00				YOGA OBS KL 07.00-08.00!!				CPH DEPARTURE 21:45
9:00			YOGA 09.00-10.00		YOGA 09.00-10.00	YOGA 09.00-10.00	YOGA 09.00-10.00	
10:00								
11:00		Introduction Apollo Sports Solo Senior 50+ 11.00-12.00					FUNCTIONAL TRAINING 11.00-12.00	
12:00		LUNCH 12.30-14.30	LUNCH 12.30-14.30	LUNCH 12.30-14.30	LUNCH 12.30-14.30	LUNCH 12.30-14.30	LUNCH 12.30-14.30	
12:00		FUNCTIONAL TRAINING 12.00-13.00	FUNCTIONAL TRAINING 12.00-13.00	FUNCTIONAL TRAINING 12.00-13.00	FUNCTIONAL TRAINING 12.00-13.00	FUNCTIONAL TRAINING 12.00-13.00		
13:00						PADEL TOURNAMENT 13.00-15.00		
14:00		PADEL 14.00-15.00		PADEL 14.00-15.00			SPINNING 14.00-15.00	
15:00								
16:00		YOGA 16.00-17.00	SPINNING 16.00-17.00	YOGA 16.00-17.00	YOGA 16.00-17.00		YOGA 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 18.00-19.00			YOGA 18.00-19.00		
18:00		SOCIAL DINNER OBS kl. 19.00	DINNER 18.30-21.30	SOCIAL DINNER OBS kl. 19.00	SOCIAL DINNER OBS kl. 19.00	DINNER 18.30-21.30	SOCIAL DINNER OBS kl. 19.00	
19:00		SOCIAL NIGHT		SOCIAL NIGHT	SOCIAL NIGHT		SOCIAL NIGHT WITH DANCE AND MUSIC 20.30	
20:00		SOCIAL NIGHT		SOCIAL NIGHT	SOCIAL NIGHT		SOCIAL NIGHT WITH DANCE AND MUSIC	

Restaurant	Social	Bar	Padel	Pink Platform	Spinning
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*PARTICIPATION IN THE EVENTS IS VOLUNTARY - IF YOU HAVE ANY QUESTIONS, JUST ASK:
HENRIK (+45 53564383)