

SPORTS PROGRAM

SOLO SENIOR - PLAYITAS RESORT
WEEK 4 - 2026

	MONDAY 19/1	TUESDAY 20/1	WEDNESDAY 21/1	THURSDAY 22/1	FRIDAY 23/1	SATURDAY 24/1	SUNDAY 25/1	MONDAY 26/1
7:00	CPH ARRIVAL 12:40 BLL ARRIVAL 12:35	BREAKFAST 07.30-10.00	BREAKFAST 07.30-10.00	BREAKFAST 07.30-10.00	BREAKFAST 07.30-10.00	BREAKFAST 07.30-10.00	BREAKFAST 07.30-10.00	BREAKFAST 07.30-10.00
8:00		YOGA 08.00-09.00	YOGA 08.00-09.00		CARDIO/PULSE 08.00-09.00	YOGA 08.00-09.00		CPH DEPARTURE 13:40 BLL DEPARTURE 13.40
9:00			CARDIO/PULSE 09.00-10.00	YOGA 09.00-10.00	YOGA 09.00-10.00	CARDIO/PULSE 09.00-10.00		
10:00								
11:00		LUNCH 11.00 - 15.00	LUNCH 11.00 - 15.00	LUNCH 11.00 - 15.00	LUNCH 11.00 - 15.00	LUNCH 11.00 - 15.00	LUNCH 11.00 - 15.00	
12:00		FUNCTIONAL TRAINING 12.00-13.00		PADEL 12.00-13.00		PADEL TOURNAMENT 12..00-14.00	FUNCTIONAL TRAINING 12.00-13.00	
13:00				FUNCTIONAL TRAINING 13.00-14.00	YOGA 13.00-14.00			
14:00		PADEL 14.00-15.00	SPINNING 14.00-15.00					
15:00					HIKE TRIP 15.00-17.00	YOGA 15.00-16.00	SPINNING 15.00-16.00	
16:00		INTRODUCTION APOLLO SPORTS SOLO SENIOR +50					YOGA 16.00-17.00	

Restaurant	WOD Box	SOCIAL	Palapa Bar	Padel	Yoga Shala	Sports Zone	Spinning	El Teatro
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SPORTS PROGRAM

SOLO SENIOR - PLAYITAS RESORT
WEEK 4 - 2026

	MONDAY 2/3	TUESDAY 3/3	WEDNESDAY 4/3	THURSDAY 5/3	FRIDAY 6/3	SATURDAY 7/3	SUNDAY 8/3	MONDAY 9/3
17:00		YOGA 17.00-18.00	YOGA 17.00-18.00	YOGA 17.00-18.00	HIKE TRIP 15.00-17.00			
18:00	SOCIAL DINNER 18.30-21.00	SOCIAL DINNER 18.30-21.00	DINNER 18.30-21.00	SOCIAL DINNER 18.30-21.00	SOCIAL DINNER 18.30-21.00	DINNER 18.30-21.00	SOCIAL DINNER 18.30-21.00	
19:00	SOCIAL NIGHT	SOCIAL NIGHT		SOCIAL NIGHT	SOCIAL NIGHT		SOCIAL NIGHT WITH DANCE AND MUSIC	
20:00	SOCIAL NIGHT	SOCIAL NIGHT		SOCIAL NIGHT	SOCIAL NIGHT		SOCIAL NIGHT WITH DANCE AND MUSIC	

Restaurant	WOD Box	SOCIAL	Palapa Bar	Padel	Yoga Shala	Sports Zone	Spinning	El Teatro
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***PARTICIPATION IN THE EVENTS IS VOLUNTARY - IF YOU HAVE ANY QUESTIONS, JUST ASK:
HENRIK (+45 53564383)**