

# SPORTS PROGRAM

## ASTRID TIND -PLAYITAS RESORT WEEK 6 2026

|       | TUESDAY 3/2              | WEDNESDAY 4/2               | THURSDAY 5/2             | FRIDAY 6/2               | SATURDAY 7/2                        | SUNDAY 8/2                     | MONDAY 9/2               |
|-------|--------------------------|-----------------------------|--------------------------|--------------------------|-------------------------------------|--------------------------------|--------------------------|
| 7:00  | BREAKFAST<br>07.30-10.00 | BREAKFAST<br>07.30-10.00    | BREAKFAST<br>07.30-10.00 | BREAKFAST<br>07.30-10.00 | BREAKFAST<br>07.30-10.00            | BREAKFAST<br>07.30-10.00       | BREAKFAST<br>07.30-10.00 |
| 8:00  | Morning run<br>07.30     |                             | WOD Box<br>08.00-09.00   | WOD Box<br>08.00-09.00   | WOD Box<br>08.00-09.00              | Morning Stretch<br>08.30-09.30 | CPH DEPRART.<br>13:40    |
| 9:00  |                          | Morning swim<br>09.00-10.00 |                          |                          |                                     |                                |                          |
| 10:00 |                          |                             |                          |                          |                                     |                                |                          |
| 11:00 | LUNCH<br>11.00 - 15.00   | LUNCH<br>11.00 - 15.00      | LUNCH<br>11.00 - 15.00   | LUNCH<br>11.00 - 15.00   | LUNCH<br>11.00 - 15.00              | LUNCH<br>11.00 - 15.00         |                          |
| 12:00 |                          | WOD Box<br>12.00.13.00      | WOD Box<br>12.00.13.00   |                          |                                     |                                |                          |
| 13:00 |                          | WOD Box<br>13.00-14.00      | WOD Box<br>13.00-14.00   | WOD Box<br>13.00-14.00   |                                     | WOD Box<br>13.00-14.00         |                          |
| 14:00 | WOD Box<br>14.00-15.00   | WOD Box<br>14.00-15.00      |                          | WOD Box<br>14.00-15.00   | Social trip/hike etc<br>14.00-15.30 | WOD Box<br>14.00-15.00         |                          |
| 15:00 | WOD Box<br>15.00-16.00   |                             |                          | WOD Box<br>15.00-16.00   | Social trip/hike etc<br>14.00-15.30 |                                |                          |
|       | DINNER<br>18.30-21.00    | DINNER<br>18.30-21.00       | DINNER<br>18.30-21.00    | DINNER<br>18.30-21.00    | DINNER<br>18.30-21.00               | DINNER<br>18.30-21.00          |                          |

|            |         |                          |              |
|------------|---------|--------------------------|--------------|
| Restaurant | WOD Box | Pink Platform<br>Meet up | Olympic Pool |
|------------|---------|--------------------------|--------------|