Sports Program example LEVANTE -powered by Playitas



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30	MORNING RUN 30 min	MORNING RUN 30 min	MORNING RUN 30 min	MORNING RUN 30 min	MORNING RUN 30 min	MORNING RUN 30 min	MORNING RUN 30 min
	Reception	Reception	Reception	Reception	Reception	Reception	Reception
08:00	MORNING HATHA YOGA	MORNING HATHA YOGA	MORNING HATHA YOGA	MORNING HATHA YOGA	MORNING HATHA YOGA	MORNING HATHA YOGA	MORNING HATHA YOGA
	Pink Platform	Pink Platform	Pink Platform	Pink Platform	Pink Platform	Pink Platform	Pink Platform
09:00	MORNING POWERWALK 45min Reception	MORNING POWERWALK. 45min Reception	MORNING POWERWALK 45min Reception	MORNING POWERWALK 45min Reception	MORNING POWERWALK 45min Reception	HIKE TO SAMBIKA MONASTRY 3h Reception	MORNING POWERWALK 45min Reception
10.00	FITNESS-X-WOD	FITNESS-X-WOD	FITNESS-X-WOD	FITNESS-X-WOD	FITNESS-X-WOD	FITNESS-X-WOD	FITNESS-X-WOD
	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING
	WOD Box	WOD Box	WOD Box	WOD Box	WOD Box	WOD Box	WOD Box
10.00	CORE	BOOTYBURN	ZUMBA	DANZY	FITNESS BOXING	TABATA	FUNCTIONAL
	Pink Platform	Pink Platform	Pink Platform	Pink Platform	Pink Platform	Pink Platform	Plink Platform
11.00	KETTLEBELL INTRO Sign up in SPORTSHOP/BOOKING WOD Box	TABATA Pink Platform	ATTACK Pink Platform	LOWERBODY WOD box	CORE Pink Platform	HIT CARDIO WOD Box	FOAM ROLLER Sign up in SPORTSHOP/BOOKING WOD Box
11.00	CORE Pink Platform	ATTACK Pink Platform	BALANCE Pink Platform	PILATES Pink Platform	KETTLEBELL BLAST Sign up in SPORTSHOP/BOOKING WOD Box	BALANCE Pink Platform	PILATES Pink Platform
15:00	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA
	MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL
16.00	SUPER CIRCUIT WOD Box	HIT CARDIO WOD Box	BOOTYBURN WOD Box	BEACH WORKOUT Sign up in SPORTSHOP/BOOKING Pink Platform	TABATA Pink Platform	BALANCE Pink Platform	FITNESS BOXING Pink Platform
16.00	ATTACK Pink Platform	FOAM ROLLER Sign up in SPORTSHOP/BOOKING WOD Box	FOAM ROLLER Sign up in SPORTSHOP/BOOKING WOD Box	FOAM ROLLER Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS BOXING Pink Platform	CORE Pink Platform	HIIT Pink Platform
17:00	FITNESS BOXING	BOKWA (DANCE)	UPPERBODY	PILATES	DANZY	SUPER CIRCUIT	DANZY
	Pink Platform	Pink Platform	WOD Box	Pink Platform	Pink Platform	WOD Box	Pink Platform
17:00	SPIN	SPIN	SPIN	SPIN	SPIN	SPIN	SPIN
	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING
	Yoga Shala	Yoga Shala	Yoga Shala	Yoga Shala	Yoga Shala	Yoga Shala	Yoga Shala
18:00	YIN YOGA	YIN YOGA	YIN YOGA	YIN YOGA	YIN YOGA	YIN YOGA	YIN YOGA
	Pink Platform	Pink Platform	Pink Platform	Pink Platform	Pink Platform	Pink Platform	Pink Platform
18:00	LATE FITNESS-X-WOD	LATE FITNESS-X-WOD	LATE FITNESS-X-WOD	LATE FITNESS-X-WOD	LATE FITNESS-X-WOD	LATE FITNESS-X-WOD	LATE FITNESS-X-WOD
	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING	Sign up in SPORTSHOP/BOOKING
	WOD Box	WOD Box	WOD Box	WOD Box	WOD Box	WOD Box	WOD Box
18:00	STRENGTH TRANING FOR RUNNERS Reception	AQUATHLON ALL LEVELS & AGES Sign up in SPORTSHOP/BOOKING WOD Box	RUNNING DRILLS + INTERVALS Reception	5 K RUN RACE Reception	STRENGTH TRANING FOR RUNNERS Reception	RUNNING DRILLS + INTERVALS Reception	



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SOCIAL SPORTS	SOCIAL FOOTBAL 18:30 @ Multicourt	SOCIAL FOOTBAL 18.30 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBAL 18 30 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBAL 18.30 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBAL 18.30 @ Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach	SOCIAL FOOTBAL 18:30 @ Multicourt BEACH VOLLEY BALL 10:00 & 17:00 @ Beach	SOCIAL FOOTBAL 18.30 @Multicourt BEACH VOLLEY BALL 10.00 & 17.00 @ Beach
Roadbike	O8:30 RED MTB 35KM O9:45 BLUE ROAD 25KM 15:00 BLUE MTB 13KM	08:30 BLACK ROAD 66KM 09:45 RED MTB 21KM 15:00 GREEN MTB 7KM	0830 RED ROAD 58KM 0945 RED MTB 25KM 1530 BLUE MTB 17KM	OB3O BLACK MTB 40K O945 RED ROAD 35K 1530 BLUE ROAD 25K	O830 BLACK ROAD 60KM O945 BLUE MTB 22KM 1530 GREEN MTB 12KM	09:00 RED ROAD 38KM 15:00 GREEN MTB 7KM	O9:00 RED ROAD 38KM 15:00 GREEN MTB 7KM
Swim lesson	16.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre	16.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre	15.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre	15.00 OPEN WATER CRAWL (90 min) 16.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre	16.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre	08.30 & 15.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre	08.30 & 15.00 SWIM CRAWL LESSON BEGINNERS Sign up in Fitness Centre Fitness Centre
Swim lesson	17.00 SWIM CRAWLLESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre	17.00 SWIM CRAWL LESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre	16.00 SWIM CRAUWL LESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre	17.00 SWIM CRAWL LESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre	17.00 SWIM CRAWL LESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre	09.30 & 16.00 SWIM CRAWL LESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre	09.30 & 16.00 SWIM CRAWL LESSON INTERMEDIATE Sign up in Fitness Centre Fitness Centre
Tennis	OF 3.0 FT FOR TENMS OB 3.0 BLACK GROUP SESSION OB 3.0 BLACK GROUP SESSION 10:3.0 BLUE GROUP SESSION 11:3.0 GREEN GROUP SESSION 11:3.0 GREEN GROUP SESSION 15:0.0 BLUE RED GROUP SESSION 16:0.0 SUPERIOR BLUE RED GROUP SESSION 16:0.0 SUPERIOR BLUE RED GROUP SESSION 16:0.0 SUPERIOR BLUE RED GROUP SESSION 17:0.0 SOCIAL TENMS	OB.30 RED GROUP SESSION OP.30 BLACK GROUP SESSION 10:30 GREEN GROUP SESSION 15:50 REDVALLE GROUP SESSION 15:50 REDVALLE GROUP SESSION 16:00 KIDS TERNS 6 - 9 years 16:00 SUPERDRILLS "extra charge" 17:00 SOCIAL FUNIS Zhrs	O'3 DETITION TENUS OB 30 BLACK GROUP SESSION O9 30 RED GROUP SESSION 10-30 BLUE GROUP SESSION 11-30 GREEN GROUP SESSION 13-30 GREEN GROUP SESSION 15-00 BLUE PRED GROUP SESSION 16-00 COACHES CHIMINETION 16-00 COACHES CHIMINE 3-5 years	08.30 RED/BLACK TOURNEMANT 1030 GREEN/BLUE TOURNEMANT 1500 SUPERDRILLS extra charge 16.00/RIDS 118MT 52 1- By years 17.0050CBA_TENNIS 2hrs	07:30 FIT FOR TENNIS 08:30 BLACK GROUP SESSION 09:30 FETE GROUP SESSION 11:30 GREEN GROUP SESSION 11:30 GREEN GROUP SESSION 15:00 BLUFFRED GROUP SESSION 16:00SUPERDRILLS "EXTRE CHAPTER" 17:00 SOULAL TENNIS	08.30 BLACK GROUP SESSION 09.30 RED GROUP SESSION 11.30 GREEN GROUP SESSION 11.30 GREEN GROUP SESSION 15.00SUPERDRILE: "evitar charge"* 16.00SOCIAL TENNIS ZIVS	08.30 BLACK GROUP SESSION 09.30 RED GROUP SESSION 11.30 GREEN GROUP SESSION 15.00 GREEN GROUP SESSION 15.00 SUPERBRILLS "FART alonge" 16.00 SOCIAL TENNIS 2hrs
Padel	OO OO DADEL TRANNICE BEGINNER 10.00 FADEL TRANNICE BEGINNER 11.00 FADEL TRANNICE BEGINNER 17.00 FADEL TRANNICE BEGINNER 17.00 FADEL TRANNICE INTERMEDIATE SIGN UP IN FITNESS CENTRE PROBLECUTS BEGIN UP IN FITNESS CENTRE PROBLECUTS III PRO PROBLEM STANDING CLASSES WITH BUT	OR OF PAGEL TRANSIC BEGINNER 10.07 PAGEL TRANSIC BEGINNER 11.07 PAGEL ANERICANO 16.07 PAGEL ANERICANO 17.00 PAGEL TRANSING BEGINNER 17.00 PAGEL TRANSING BITERREDIATE 18.00 PAGEL ANERICANO SIGNU JU FITTIESS Centre Padel court's	OF OO PADE, TRANING BEGINNER IO OO PADEL TRANING BEGINNER II OO PADEL TRANING BEGINNER II OO PADEL TANING BITERNEDIATE II OO PADEL TANING BITERNEDIATE PADEL OO PADEL TANING BITERNEDIATE PADEL OO TANING BITERNEDIATE PADEL DITERNEDIATE PA	09 00 PADEL TRAINING BEGINNER 10 00 PADEL TRAININ INTERMEDIATE 11.00 PADEL MAREICANO 18 00 PADEL TURNAMENT Sign up in Filmess Centre Fitness Centre	09.00 PADEL TRANSING RECENSER 10.00 PADEL TRANSIN STERNAM 11.00 PADEL TRANSING SEGNINER 11.00 PADEL AMERICANO 16.00 PADEL TRANSING SEGNINER 17.00 PADEL TRANSING INTERMEDIATE 18.00 PADEL TRANSING INTERMEDIATE 18.00 PADEL TRANSING SEGNITE PADEL COUTTS	OP OF PAGE TRANSIC BEGINSER 10.0 PAGE TRANSIN METERMEDIATE 11.0 PAGE LANGERCANO) 16.00 PAGE LANGERCANO) 17.00 PAGE TRANSING BEGINSER 17.00 PAGE TRANSING BEGINSER 18.00 PAGE LANGERCANO SIGN UP IN FITNESS CENTRE PAGE LOUTS	OP OF PAGE. TRANING BEGINNER 10 OF PAGE. TRANING THE PAGE 11 OF PAGE. TRANING SEGNINER 11 OF PAGE. AMERICANO 16 OF PAGE. TRANING SEGNINER 17 OF PAGE. TRANING INTERMEDIATE 18 OF PAGE. AMERICANO SIGN UP IN FITNESS Centre Padel Courts

Redmarks require pre booking at Sports booking. Classes with Bluemarks are with our guestinstructors.

Please be aware that all instructions are in English and activities or use of facilities is at your own responsibility.

Run is adjusted after level of the group, it dosen't matter if your are beginner or high level, there is room for everyone. Last time to sign up for the road bike tour is 12.00 the day before. Social padel tennis sessions is between 40 to 50 min. All other classes please meet at SPORTZONE

Aqua and water polo are held at the Cubana pool

Sauna & Icebath is unsupervised but super cool. Make your reservation in sports booking

This is the online version of the sportsprogram.

The final program will presented onsite