

Sports Program example LEVANTE -powered by Playitas



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30	MORNING RUN 30 min Reception	MORNING RUN 30 min Reception	MORNING RUN 30 min Reception	MORNING RUN 30 min Reception	MORNING RUN 30 min Reception	MORNING RUN 30 min Reception	MORNING RUN 30 min Reception
08:00	MORNING HATHA YOGA Pink Platform	MORNING HATHA YOGA Pink Platform	MORNING HATHA YOGA Pink Platform	MORNING HATHA YOGA Pink Platform	MORNING HATHA YOGA Pink Platform	MORNING HATHA YOGA Pink Platform	MORNING HATHA YOGA 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 Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box
10:00	CORE Pink Platform	BOOTYBURN Pink Platform	ZUMBA Pink Platform	DANZY Pink Platform	FITNESS BOXING Pink Platform	TABATA Pink Platform	FUNCTIONAL Pink 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 MAIN POOL	AQUA MAIN POOL	AQUA MAIN POOL	AQUA MAIN POOL	AQUA MAIN POOL	AQUA MAIN POOL	AQUA 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 Pink Platform	BOKWA (DANCE) Pink Platform	UPPERBODY WOD Box	PILATES Pink Platform	DANZY Pink Platform	SUPER CIRCUIT WOD Box	DANZY Pink Platform
17:00	SPIN Sign up in SPORTSHOP/BOOKING Yoga Shala	SPIN Sign up in SPORTSHOP/BOOKING Yoga Shala	SPIN Sign up in SPORTSHOP/BOOKING Yoga Shala	SPIN Sign up in SPORTSHOP/BOOKING Yoga Shala	SPIN Sign up in SPORTSHOP/BOOKING Yoga Shala	SPIN Sign up in SPORTSHOP/BOOKING Yoga Shala	SPIN Sign up in SPORTSHOP/BOOKING Yoga Shala
18:00	YIN YOGA Pink Platform	YIN YOGA Pink Platform	YIN YOGA Pink Platform	YIN YOGA Pink Platform	YIN YOGA Pink Platform	YIN YOGA Pink Platform	YIN YOGA Pink Platform
18:00	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box	LATE FITNESS-X-WOD Sign up in SPORTSHOP/BOOKING WOD Box
18:00	STRENGTH TRAINING FOR RUNNERS Reception	AQUATHLON ALL LEVELS & AGES Sign up in SPORTSHOP/BOOKING WOD Box	RUNNING DRILLS + INTERVALS Reception	5 K RUN RACE Reception	STRENGTH TRAINING 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	08.30 RED MTB 35KM 09.45 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	0830 BLACK MTB 40K 0945 RED ROAD 35K 1530 BLUE ROAD 25K	0830 BLACK ROAD 60KM 0945 BLUE MTB 22KM 1530 GREEN MTB 12KM	09:00 RED ROAD 38KM 15:00 GREEN MTB 7KM	09:00 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 CRAWL LESSON 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	07.30 FIT FOR TENNIS 08.30 BLACK GROUP SESSION 09.30 RED GROUP SESSION 10.30 BLUE GROUP SESSION 11.30 GREEN GROUP SESSION 1500 BLUE/RED GROUP SESSION 16.00 KIDS TENNIS 8 - 11 years 16.00SUPERDRILLS **extra charge** 1700 SOCIAL TENNIS	08.30 RED GROUP SESSION 09.30 BLACK GROUP SESSION 10.30 GREEN GROUP SESSION 11.30 BLUE GROUP SESSION 1500 RED/BLUE GROUP SESSION 16.00 KIDS TENNIS 6 - 9 years 16.00SUPERDRILLS **extra charge** 17.00SOCIAL TENNIS 2hrs	07.30 FIT FOR TENNIS 08.30 BLACK GROUP SESSION 09.30 RED GROUP SESSION 10.30 BLUE GROUP SESSION 11.30 GREEN GROUP SESSION 1500 BLUE/RED GROUP SESSION 16.00CACHES EXHIBITION 16.00 KIDS TENNIS 2 -5 years	08.30 RED/BLACK TOURNEMANT 1030 GREEN/BLUE TOURNEMANT 1500 SUPERDRILLS extra charge 16.00 KIDS TENNIS 12 - 18 years 17.00SOCIAL TENNIS 2hrs	07.30 FIT FOR TENNIS 08.30 BLACK GROUP SESSION 09.30 RED GROUP SESSION 10.30 BLUE GROUP SESSION 11.30 GREEN GROUP SESSION 1500 BLUE/RED GROUP SESSION 16.00SUPERDRILLS **extra charge** 1700 SOCIAL TENNIS	08.30 BLACK GROUP SESSION 09.30 RED GROUP SESSION 10.30 BLUE GROUP SESSION 11.30 GREEN GROUP SESSION 15.00SUPERDRILLS **extra charge** 16.00SOCIAL TENNIS 2hrs	08.30 BLACK GROUP SESSION 09.30 RED GROUP SESSION 10.30 BLUE GROUP SESSION 11.30 GREEN GROUP SESSION 15.00SUPERDRILLS **extra charge** 16.00SOCIAL TENNIS 2hrs
Padel	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAININ INTERMEDIATE 11.00 PADEL AMERICANO 16.00 PADEL TRAINING BEGINNER 17.00 PADEL TRAINING INTERMEDIATE 18.00 PADEL AMERICANO Sign up in Fitness Centre Padel courts	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAININ INTERMEDIATE 11.00 PADEL AMERICANO 16.00 PADEL TRAINING BEGINNER 17.00 PADEL TRAINING INTERMEDIATE 18.00 PADEL AMERICANO Sign up in Fitness Centre Padel courts	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAININ INTERMEDIATE 11.00 PADEL AMERICANO 16.00 PADEL TRAINING BEGINNER 17.00 PADEL TRAINING INTERMEDIATE 18.00 PADEL AMERICANO Sign up in Fitness Centre Padel courts	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAININ INTERMEDIATE 11.00 PADEL AMERICANO 18.00 PADEL TURNAMENT Sign up in Fitness Centre Fitness Centre	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAININ INTERMEDIATE 11.00 PADEL AMERICANO 16.00 PADEL TRAINING BEGINNER 17.00 PADEL TRAINING INTERMEDIATE 18.00 PADEL AMERICANO Sign up in Fitness Centre Padel courts	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAININ INTERMEDIATE 11.00 PADEL AMERICANO 16.00 PADEL TRAINING BEGINNER 17.00 PADEL TRAINING INTERMEDIATE 18.00 PADEL AMERICANO Sign up in Fitness Centre Padel courts	09.00 PADEL TRAINING BEGINNER 10.00 PADEL TRAININ INTERMEDIATE 11.00 PADEL AMERICANO 16.00 PADEL TRAINING BEGINNER 17.00 PADEL TRAINING INTERMEDIATE 18.00 PADEL 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 doesn't matter if you 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 sports program.

The final program will be presented onsite