



SPORTS PROGRAM  
PROGRAMA DEPORTIVO  
SPORTPROGRAMM



<u>Date-hour</u>	<u>MONDAY 10 AUGUST</u>	<u>TUESDAY 11 AUGUST</u>	<u>WEDNESDAY 12 AUGUST</u>	<u>THURSDAY 13 AUGUST</u>	<u>FRIDAY 14 AUGUST</u>	<u>SATURDAY 15 AUGUST</u>	<u>SUNDAY 16 AUGUST</u>
<b>08.00 - 8.15</b>	Sun Salutation	Sun Salutation	Sun Salutation	Sun Salutation	Sun Salutation	Sun Salutation	Sun Salutation
<b>08.15</b>	Morning Run at Plaza Rambla	Morning Run at Plaza Rambla	Morning Run at Plaza Rambla	Morning Run at Plaza Rambla	Morning Run at Plaza Rambla	Morning Run at Plaza Rambla	Morning Run at Plaza Rambla
<b>09.00</b>	Fitness-X WOD (3€) *** Pre-Book in SB (min 16yrs)	Fitness-X WOD (3€) *** Pre-Book in SB (min 16yrs)	Fitness-X WOD (3€) *** Pre-Book in SB (min 16yrs)	Fitness-X WOD (3€) *** Pre-Book in SB (min 16yrs)	Fitness-X WOD (3€) *** Pre-Book in SB (min 16yrs)		Fitness-X WOD (3€) *** Pre-Book in SB (min 16yrs)
<b>09.00</b>	Indoor Cycle – Beginners (2€) min.16 yr*	Indoor Cycle – Beginners (2€) min.16 yr*	Indoor Cycle – Beginners (2€) min.16 yr*	Indoor Cycle – Beginners (2€) min.16 yr*	Indoor Cycle – Intermediate (2€) min.16 yr	Indoor Cycle – Beginners (2€) min.16 yr	Indoor Cycle – Beginners (2€) min.16 yr
<b>10.00 - 10.55</b>	Core Stability at MC1	Mobility at MC1	DanZy at MC1	Ruffie at MC1	Combat at MC1	Step and Tone At MC1	Family Bootcamp For FUN at MC1
<b>11.00 - 11.50</b>	Street Dance at MC1	Aerobics at MC1	Circuits at MC1	Core at MC1	Interval Training at MC1	Strength Circuit At TC6	HIT at MC1
<b>11.00 - 11.50</b>	Social Volleyball (min 16yrs)	Social Volleyball (min 16yrs)	Social Volleyball (min 16yrs)	Social Volleyball (min 16yrs)	Social Volleyball (min 16yrs)	Social Volleyball (min 16yrs)	Social Volleyball (min 16yrs)
<b>11.15 - 11.45</b>	30 min off road run meet at Plaza Rambla	Fitball* (sign up in SB) at Tc6 (min 16yrs)	Ab-Core* (sign up in SB) at Fitness (min 16yrs)	Power Training (sign up in SB) at TC6 (min 16yrs)	30 min off road run meet at Plaza Rambla	Ab-Core* at Fitness (min 16yrs)	Ab-Core* at Fitness (min 16yrs)
<b>12.00 -12.50</b>	Social Badminton at Indoor Hall (min 16 yrs)	Social Football at Indoor Hall (min 16 yrs)	Social Badminton at Indoor Hall (min 16 yrs)	Social Basketball at Indoor Hall (min 16 yrs)	Social Football at Indoor Hall (min 16 yrs)	Social Basketball at MC1 (min 16 yrs)	Social Badminton at Indoor Hall (min 16 yrs)
<b>15:15 - 15.45</b>	Aqua Fun Class ApartHotel Pool	Aqua Fun Class ApartHotel Pool	Aqua Fun Class ApartHotel Pool	Aqua Splash Dance ApartHotel Pool	Aqua Aerobics ApartHotel Pool	Aqua Aerobics ApartHotel Pool	Aqua Fun Class ApartHotel Pool
<b>Various Times</b>			16:00 Fitness-X WOD (3€) *** Pre-Book in SB (min 16yrs)	16:00 Fitness-X WOD (3€) *** Pre-Book in SB (min 16yrs)		15:00 Fitness-X WOD (3€) *** Pre-Book in SB (min 16yrs)	
<b>16:00</b>	Indoor Cycle – Intermediate (2€) min.16 yr*	Indoor Cycle - Intermediate (2€) min.16 yr*	Indoor Cycle – Intermediate (2€) min.16 yr	Indoor Cycle – Intermediate ( 2€) min.16 yr*	Indoor Cycle – Hill Climbs (2€) min.16 yr	Indoor Cycle – Intermediate (2€) min.16 yr*	Indoor Cycle – Intermediate (2€) min.16 yr
<b>17.00 - 17.55</b>	Body Tone at MC1	Step Beg at MC1	Playitas Warriors at MC1	Step & Tone at MC1	<b>17:30</b> Friday Team TeachFun Class at MC1	Functional Training at MC1	DanZy at MC1
<b>18:00-18:45</b>	Stretch and Relax at MC1	Stretch and Relax at MC1	Stretch and Relax at MC1	Stretch and Relax at MC1	<b>18:15</b> Stretch and Relax at MC1	Stretch and Relax at TC6	Stretch and Relax at MC1
<b>17.00 - 17.55</b>	Social Football at Indoor Hall (min 16 yrs)	Social Floorball at Indoor Hall (min 16 yrs)	Social Football at Indoor Hall (min 16 yrs)	Social Football at Indoor Hall (min 16 yrs)	Social Floorball at Indoor Hall (min 16 yrs)	Social Football at Indoor Hall (min 16 yrs)	Social Football at Indoor Hall (min 16 yrs)

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<b>Nordic Walk Hiking Tour</b>				<b>10:30</b> Hiking Tour to Gran Tarajal Meet at Plaza Rambla			
<b>Yoga</b>	<b>10.00-11.30</b> Pre-Book in SB (5€)		<b>10.00-11.30</b> Pre-Book in SB (5€)		<b>10.00-11.30</b> Pre-Book in SB (5€)	<b>10.30-12.00</b> Pre-Book in SB (5€)	
<b>Biking Tours</b>			<b>11.00</b> Roadbike 40km Tour** Pre-Book in Cycle Center (30€) until 18.00 the day before tour	<b>11.00</b> Mountain bike 20km Tour** Pre-Book in Cycle Center (25€) until 18.00 the day before tour	<b>09.30</b> Roadbike 80km Tour** Pre-Book in Cycle Center (35€) until 18.00 the day before tour		
<b>Tennis</b>		<b>11.00</b> Tennis Tournament (10€) Meeting point and payment at TC3			<b>11.00</b> Tennis Tournament (10€) Meeting point and payment at TC3		
<b>Tennis</b>	<b>16.15</b> Tennis Intro Sign up in SB		<b>16.15</b> Tennis Intro(5€) Meeting point and payment at TC3		<b>16.15</b> Tennis Intro(5€) Meeting point and payment at TC3		
<b>Swimming Prebook in SB</b>	<b>Don't want to swim alone?</b> <b>9.00</b> Sea Swim This is not a supervised activity Meet <b>09.00</b> at SB	<b>Don't want to swim alone?</b> <b>9.00</b> Sea Swim This is not a supervised activity Meet <b>09.00</b> at SB	10:00 Adult Crawl Beg (10€)  18:00 Adult Crawl Int (10€)  Pre-Book in Sports Booking	16:00 Adult Crawl Beg (10€) 17:00 Kids Strokes (10€) Aparthotel Pool  18:00 Adult Crawl Int (10€) Pre-Book in Sports Booking	17:00 Adult Crawl Beg (10€)  Pre-Book in Sports Booking	09:00 Kids Strokes (10€) 10:00 Adult Crawl Int (10€) 16:00 Adult Crawl Beg(10€) Pre-Book in Sports Booking	10:00 Adult Crawl Beg (10€) 17:00 Adult Crawl Int (10€) 18:00 Adult Crawl Beg (10€) Pre-Book in Sports Booking
<b>Golf</b>	<b>16.00</b> Intro Golf at Golfclub (3€)		<b>12.00</b> Intro Golf at Golfclub (3€)				
<b>Running /Swimming Races</b>			15.15 <u>Aquathlon</u> 3.2km Run / 200m Swim / 3.2km Run Sign up in SB Please bring a swim cap	08.15 <u>Lighthouse Race</u> 13km- Meet at Plaza Rambla Sign up in SB Fitness Center 12.00 A chance to hear more about: Ötillö swim Run course	<u>Ötillö Swimrun Sprint</u> 08.15 Race layout guide in sportbooking/Gym  Meet at Plaza Rambla to join and participate in the run as a group	<u>17:00 Meet at Plaza Rambla</u>  <u>5km and 10km Race</u> Sign up in SB	
<b>Kettlebell instr.*</b>	<b>16.00-16.50</b> (5€ sign up in SB)			<b>17.00-17.50</b> (5€ sign up in SB)			<b>18.00-18.50</b> (5€ sign up in SB)
<b>Redcord Inst.</b>			<b>17.00-17.50</b> (5€ sign up in SB)	<b>18.00-18.50</b> (5€ sign up in SB)			
<b>Opening hours Sports Bar 20.00-00.30</b>	<b>20.30</b> Parrot show 4 Kids  Sports Bar, Plaza Rambla	<b>19.30</b> Kids family Disco  <b>21.30</b> Trio Matiz  Sports Bar, Plaza Rambla	<b>20.30</b> Reptiles Show  Sports Bar, Plaza Rambla	<b>19.30</b> Kids family Disco  21:30 Karoke  Sports Bar, Plaza Rambla	<b>21.30</b> Salsa Instruction  Sports Bar, Plaza Rambla	<b>19.30</b> Kids family Disco  <b>21.30</b> Beatles  Sports Bar, Plaza Rambla	

- **For indoor cycle and fitball:** Sign up in advance at Sports Booking (min. 16 yrs). Please collect your fitball from the Indoor Hall 5-10 min before the start of the class.
  - **For Redcord/Workout of the Day/Ab-core training:** These instructions are for guests over 16 years old.
  - **Fitness:** Opening hours fitness center 08.00-13.00 and 15.00-20.00. Use of fitness center is free of charge.
  - **Bike tours:** If you want to join the tour with your own bike, please check availability at Sports Booking. 10 euro supplement for the road bike tours and MTB tours.
  - **Golf:** Join the 3 day beginner Golf introduction: info about prices at the golf club house, min. 16 years).
  - Important notice: **DO NOT RUN AROUND OR ON THE GOLF COURSE!!**
  - **Social Tournaments:** All social tournaments are for adults (min 16 years). For badminton, please bring racket and shuttlecock. Rackets are available for hire at Sports Booking for 3 € plus a deposit card.
- Please be aware that all instructions are in English and all activities or use of facilities is at your own risk.**

#### THE SPORTS PROGRAM IS SUBJECT TO CHANGES

- **Para bicicleta en sala y fitball:** Hay que registrarse anteriormente en el Sports Booking (min. 16 años). Por favor, recoja su fitball en el Pabellón Cubierto (Indoor Hall) 5-10 min antes del comienzo de la clase.
  - **Para (Redcord)/Entrenamiento del día (Fitness WOD) /Entrenamiento de Cardio-Abdominales (Ab-core training):** Estas clases son para los huéspedes que tienen más de 16 años.
  - **Fitness:** El Centro de Fitness es gratuito. Sus horarios de apertura son de 08.00 a 13.00 y de 15.00 a 20.00 horas.
  - **Excursiones en bicicleta:** Si quiere participar en la excursión con su propia bicicleta, por favor consulte disponibilidad en el Sports Booking. Para las excursiones en bici de carretera o MountainBike, el coste es de 10 euros por persona.
  - **Golf:** Si quiere participar en la Introducción al Golf de 3 días para los principiantes, puede encontrar toda la información referente a precios en la Casa Club (min. 16 años).
  - **Información importante: !!! ESTÁ PROHIBIDO CORRER ALREDEDOR O EN EL INTERIOR DEL CAMPO DE GOLF!!!**
  - **Torneos de Deporte Social:** Todos estos torneos son sólo para los adultos (min. 16 años). Por favor, llevar una raqueta y mosca para participar en Bádminton. Se pueden alquilar raquetas en el Sports Booking por 3 € siendo obligatorio dejar un depósito.
- Tenga en cuenta que todas las clases se dan en inglés y que todas las actividades y el uso de las instalaciones deportivas son bajo su propia responsabilidad.**

#### ESTE PROGRAMA DE DEPORTES ESTÁ SUJETO A CAMBIOS

- Um an den **Aktivitäten Indoor Cycling und Fitball** teilzunehmen melden Sie sich bitte im Voraus im Sports Booking an. Das Mindestalter um an den Aktivitäten teilzunehmen beträgt 16 Jahre.
  - Wir bitten Sie den Fitball 5-10 Minuten vor Beginn der Klasse an der Sporthalle abzuholen
  - Das Mindestalter um an den **Aktivitäten Redcord, Workout des Tages und Ab-Core-Training** teilzunehmen beträgt 16 Jahre.
  - Das **Fitnesscenter** ist von: 08.00-13.00 und von 15.00 bis 20.00 geöffnet. Die Benutzung des Fitnesscenters ist kostenlos.
  - **Radtouren:** Wenn Sie an der Tour mit dem eigenen Rad teilnehmen möchten wenden Sie sich bitte an das Sports Booking um die Verfügbarkeit zu prüfen. Es werden 10 € für die Rennrad- und Mountainbiketouren berechnet.
  - **Golf:** Nehmen Sie an der 3 Tage Einführung für Golf Anfänger teil: Informationen über die Preise erhalten Sie im Golf-Clubhaus, (min. 16 Jahre). Wichtiger Hinweis: **LAUFEN BITTE SIE NICHT AUF ODER ÜBER DEN GOLFPLATZ**
  - **Freundschaftsturniere:** Alle Freundschaftsturniere sind für Erwachsene (min 16 Jahre). Für Badmintonturniere, bitten wir Sie, Schläger und Federbälle mitzubringen, diese erhalten Sie im Sportsbooking für 3€ und eine Kautionskarte.
- Bitte beachten Sie, dass alle Aktivitäten auf Englisch abgehalten werden und das die Nutzung der Einrichtungen auf eigene Gefahr erfolgt.**

#### ÄNDERUNGEN DES SPORTPROGRAMMES SIND VORBEHALTEN