

	Monday 6 feb	Tuesday 7 feb	Wednesday 8 feb	Thursday 9 feb	Friday 10 feb	Saturday 11 feb
08.00-08.15	Playitas Sun Salutation	Playitas Sun Salutation	Playitas Sun Salutation	Playitas Sun Salutation	Playitas Sun Salutation	Playitas Sun Salutation
08.15	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
08.15-09.15	or 9 km offroad run (6min/km)	Lighthouse race (13,5km) Pre-Book in Sports Booking			or 9 km offroad run (6min/km)	
09.00-09.45	Spinning Beginners min.16 yr*	Spinning Beginners min.16 yr*	Spinning Beginners min.16 yr*	Spinning Beginners min.16 yr*	Spinning Beginners min.16 yr*	Spinning Beginners min.16 yr*
start 09.30				9.30hr 80k road bike tour (25€) **		
New Activity!! <i>Nordic Walking</i>		11hr Introduction to Nordic Walk Pre-Book in Sports Booking,	11hr Introduction to Nordic Walk Pre-Book in Sports Booking,	Pre-Book in Sports Booking, untill 18.00hr the day before tour	10hr 5km Nordic Walking Tour Pre-Book in Sports Booking,	
swim instruct. Beginners			10hr Swim Beginners (€10) Pre-Book in Sports Booking	11hr Swim Beginners (€10) Pre-Book in Sports Booking	16hr Swim Beginners (€10) Pre-Book in Sports Booking	16hr Swim Beginners (€10) Pre-Book in Sports Booking
swim instruct. Intermediate			11hr Swim Intermediate (€10) Pre-Book in Sports Booking	12hr Swim Intermediate (€10) Pre-Book in Sports Booking	17hr Swim Intermediate (€10) Pre-Book in Sports Booking	17hr Swim Intermediate (€10) Pre-Book in Sports Booking
10.00-11.00			Hiking Tour to Gran Tarajal Meet at Apollo office at plaza Rambla			Spinning Intermed. min 16 yrs*
10.00-11.00	Bootcamp at MC1	Kara-T-Robics® at MC1	Circuit training at MC1	Bodytoning at MC1	PowerStep at MC1	Kara-T-Robics® at MC1
11.00 - 12.00	Step Beginners at MC1	Fitball at MC1 Pre-Book in Sports Booking	Yoga at MC1	Pilates at MC1	Aerobic Intermediate at MC1	Yoga at MC1
11.00		11hr.TennisTournament (10€)** ** Sign up at the tennis academy			11hr.TennisTournament (10€)** ** Sign up at the tennis academy	
start 11.00	25k MountainBike Tour(€20)** Pre-Book in Sports Booking, untill 18.00hr the day before tour	40k road bike tour (25€) ** Pre-Book in Sports Booking, untill 18.00hr the day before tour			25k MountainBike Tour(€20)** Pre-Book in Sports Booking, untill 18.00hr the day before tour	
12.00 - 13.00	Football at MC1 min.13 yr	Football at MC1 min.13 yr	Football at MC1 min.13 yr	Football at MC1 min.13 yr	Football at MC1 min.13 yr	Football at MC1 min.13 yr
13.15 Olympic Pool			Aquatlon 200m swim/3.2km run Pre-Book in Sports Booking			
14.00-15.00			14hr Basketball tournament MC1		14hr Basketball tournament MC1	
15.15-15.45	Aqua Aerobics Pool, Aparthotel	Aqua Aerobics Pool, Aparthotel	Aqua Aerobics Pool, Aparthotel	Aqua Aerobics Pool, Aparthotel	Aqua Aerobics Pool, Aparthotel	Aqua Aerobics Pool, Aparthotel
16.00-17.00	16hr Intro to Golf at Golfclub 3€					
16.00-17.00	Social Volleyball	Social Volleyball	Social Volleyball	Social Volleyball	Social Volleyball	Social Volleyball
16.00-17.00	Stretch & Relax at MC1 Please bring a jacket/ sweater	Stretch & Relax at MC1 Please bring a jacket/ sweater	Stretch & Relax at MC1 Please bring a jacket/ sweater	Stretch & Relax at MC1 Please bring a jacket/ sweater	Stretch & Relax at MC1 Please bring a jacket/ sweater	Stretch & Relax at MC1 Please bring a jacket/ sweater
16.00-17.00	Spinning Intermed. min 16 yrs*	Spinning Intermed. min 16 yrs*	Spinning Intermed. min 16 yrs*	Spinning Intermed. min 16 yrs*	Spinning Intermed. min 16 yrs*	
17.00-18.00	StreetDance at MC1	AfroDance at MC1	AerobicDance at MC1	Kara-T-Robics® at MC1	Circuit training at MC1	AerobicDance at MC1
17.00 - 18.00	Spinning Advanced min 16 yrs*	Spinning Advanced min 16 yrs*	Spinning Advanced min 16 yrs*	Spinning Advanced min 16 yrs*	Spinning Advanced min 16 yrs*	5k and 10k run race Pre-Book in Sports Booking
20.00 - 01.30 openinghours Sportsbar	21.00 hr Pop & Rock stars? Sports Bar, Plaza Rambla	21.00 Salsa Dance instruction Sports Bar, Plaza Rambla	21.00hr Beach Party!!! Sports Bar, Plaza Rambla	21.00hr Bailabrasil show Sports Bar, Plaza Rambla	21.00 Salsa Dance instruction Sports Bar, Plaza Rambla	The Eagle show for kids 20.15 and 21.00hr Karaoke Sports Bar, Plaza Rambla

***** Please be aware that all instructions are in English *****

MC1 = Multi Court 1

*****Sports program is subject to changes *****

* For Spinning: Sign up in advance at Sports Booking and collect bike 5-10 min before start of class. 5 minutes after the start we give the spinning bikes to people on waiting list.

Fitness: Opening hours fitness 08.00-13.00 and 15.00-20.00. Use of fitness is free of charge. In fitness centre: Ab-Core class 1/2 hr. Mon - Sun 10.15-10.45 Max 8 persons per class.

** Bike tours: If you want to join the tour with your own bike; please check availability in Sports booking. 10 Euro supplement for the road bike tours and 5 euro for MTB tours.

Sunday 12 feb

Playitas Sun Salutation

Morning Run at Plaza Rambla

Spinning Beginners min.16 yr*

16hr Swim Beginners (€10)

Pre-Book in Sports Booking

17hr Swim Intermediate (€10)

Pre-Book in Sports Booking

Step Intermediate at MC1

Yoga at MC1

Football at MC1 min.13 yr

Aqua Aerobics

Pool, Aparthotel

Social Volleyball

Stretch & Relax at MC1

Please bring a jacket/ sweater

Spinning Beginners min.16 yr*

TeamTeach at MC1

Spinning Advanced min 16 yrs*

21.00hr Alegria

Sports Bar, Plaza Rambla

