	Monday December 10	Tuesday December 11	Wednesday December 12	Thursday December 13	Friday December 14	Saturday December 15	Sunday December 16
08.00	Playitas Sun Salutation	Playitas Sun Salutation	Playitas Sun Salutation	Playitas Sun Salutation	Playitas Sun Salutation	Playitas Sun Salutation	Playitas Sun Salutation
08.15	Social Walk meet at Plaza Rambla	Social Walk meet at Plaza Rambla	Social Walk meet at Plaza Rambla	Social Walk meet at Plaza Rambla	Social Walk meet at Plaza Rambla	Social Walk meet at Plaza Rambla	Social Walk meet at Plaza Rambla
	30 minute off road run meet at Plaza Rambla	30 minute off road run meet at Plaza Rambla	Aquathlon Sign up in Sportsbooking 3.2km Run/200m Swim/3.2km run		Lighthouse Race 13.6 km Sign up in Sportsbooking	5 k and 10 K race Sign up in Sportsbooking	30 minute off road run meet at Plaza Rambla
09.00	Fitness - X WOD €4 - meet at TC6 (min 16 yrs) Sign up in SB	Fitness - X WOD €4 - at TC6 (min 16 yrs) Sign up in SB	Fitness - X WOD €4 - at TC6 (min 16 yrs) Sign up in SB	Fitness - X WOD €4 - at TC6 (min 16 yrs) Sign up in SB	Fitness - X WOD €4 - at TC6 (min 16 yrs) Sign up in SB	Indoor Cycle - RPM (4€) min.16 yr* Sign up in Sportsbooking	Fitness - X WOD €4 - at TC6 (min 16 yrs) Sign up in SB
09.45		Sup Yoga €25 meet at Aparthotelpool at 9.30 Sign up in Sportsbooking 1 day before		Sup Yoga €25 meet at Aparthotelpool at 9.30 Sign up in Sportsbooking 1 day before			
10.00	Piloxing at MC1	Fitness Boxing at MC1	HIT/Core at MC1	Body Balance at MC1	Zumba at MC1	Dance Fusion at MC1	Zumba at MC1
	Jumping Fitness €4 - at TC6 (min 16 yrs) Sign up in SB				Hatha Yoga meet at Fitness €7.50 Sign up in Sportsbooking	Jumping Fitness €4 - at TC6 (min 16 yrs) Sign up in SB	
	Intro to Climbing Wall €3 Sign up in Sportsbooking	Intro to Climbing Wall €3 Sign up in Sportsbooking	Intro to Climbing Wall €3 Sign up in Sportsbooking		Climbing Wall Challenge €5 Sign up in Sportsbooking		
11.00	Mobility at MC1	Functional at MC1	Body Combat at MC1	Dance Fusion at MC1	Fun Class at MC1	Circuits at MC1	Mobility at MC1
		Yoga Flow meet at Fitness €7.50 Sign up in Sportsbooking		Yin Yoga meet at Fitness €7.50 Sign up in Sportsbooking			
	Social Volleyball (min 16 yrs)	Social Volleyball (min 16 yrs)	Family Volleyball	Social Volleyball (min 16 yrs)	Social Volleyball (min 16 yrs)	Social Volleyball (min 16 yrs)	Family Volleyball
12.00	Social Football at MC1 (min 16 yrs)	Football - Basic Skills & Drills at MC1 (min 16 yrs)			Social Football at MC1 (min 16 yrs)		Social Basketball at MC1 (min 16 yrs)
		Cx worX (30 minutes Core) at TC6		Cx worX (30 minutes Core) at TC6	Jumping Fitness €4 - at TC6 (min 16 yrs) Sign up in SB	Cx worX (30 minutes Core) at TC6	BALLance €4 - meet at Fitness (min 16 yrs) Sign up in SB
13.00		Kettlebell €5 at TC6 Sign up in Sportsbooking	Football - Penalty Shootout Competition at MC1			WOD COMPETITION At TC6 sign up in SB	Jumping Fitness €4 - at TC6 (min 16 yrs) Sign up in SB
14.00				Jumping Fitness €4 - at TC6 (min 16 yrs) Sign up in SB			
15.00	Foam Roller sign up in Sportsbooking meet at Fitness		POUND at TC6		Foottraining Sign up in Sportsbooking meet at Fitness		Kettlebell €5 at TC6 Sign up in Sportsbooking
15.15	Aqua Fitness Apart hotel pool	Aqua Splash Dance Apart hotel pool	Aqua Fun Class Apart hotel pool	Aqua Zumba Apart hotel pool	Aqua HIT Apart hotel pool	Aqua Aerobics Apart hotel pool	Aqua Aerobics Apart hotel pool
16.00	Bootcamp at MC1	Legs Bums at MC1	Circuits at MC1	Family Bootcamp for fun at MC1	Functional at MC1	Body Toning at MC1	Circuits at MC1
	Indoor Cycle RPM (4€) min.16 yr* Sign up in Sportsbooking	NEW ACTIVITY - Beginner INTRO to Obstacle Course €15 Sign up in Sportsbooking Meet at Climbing wall	Indoor Cycle RPM (4€) min.16 yr* Sign up in Sportsbooking	Indoor Cycle RPM (4€) min.16 yr* Sign up in Sportsbooking	NEW ACTIVITY - Advanced Obstacle Course €15 Sign up in Sportsbooking Meet at Climbing wall		Cx worX (30 minutes Core) at TC6
					Body Pump at TC6 €4 Sign up in Sportsbooking		Foam Roller sign up in Sportsbooking meet at Fitness
17.00	Stretch and Relax at MC1	Stretch and Relax at MC1	Stretch and Relax at MC1	Stretch and Relax at MC1	Stretch and Relax at MC1	Stretch and Relax at MC1	Stretch and Relax at MC1
		Indoor Cycle - RPM (4€) min.16 yr* Sign up in Sportsbooking			Indoor Cycle RPM (4€) min.16 yr* Sign up in Sportsbooking		Indoor Cycle - RPM (4€) min.16 yr* Sign up in Sportsbooking
18.00 - 19.00	Pay as you go use of TC6 Individual usage €4	Pay as you go use of TC6 Individual usage €4	Pay as you go use of TC6 Individual usage €4	Pay as you go use of TC6 Individual usage €4	Pay as you go use of TC6 Individual usage €4	Pay as you go use of TC6 Individual usage €4	Pay as you go use of TC6 Individual usage €4
21:00	21.00 Welcome party at Palapa Bar	21.00 Film Night at Sports bar Stage FILM Vote your choice at Sports Booking		20.00 - 23.00 Palapa Party at Palapa Bar 20.00 Polly & Mino 20.30 Welcome drink 21.00 Live DJ starts	21.30 Live Band and live DJ at La Bodega	21.15 Award Ceremony at La Bodega 21.30 Salsa Latin meet at La Bodega	

	Monday December 10	Tuesday December 11	Wednesday December 12	Thursday December 13	Friday December 14	Saturday December 15	Sunday December 16
Golf	**17.00 Golf Intro 3€**	**10.00-12.00 Beginners Golf Course for more info and prices go to Golf Clubhouse**	**10.00-12.00 Beginners Golf Course for more info and prices go to Golf Clubhouse**	**10.00-12.00 Beginners Golf Course for more info and prices go to Golf Clubhouse**			
Biking			**10.00 Mountain Bike 20K Tour** Pre-book in Cycle Center until 18.00 the day before tour**	**10.00 Road Bike 40K Tour** Pre-book in Cycle Center until 18.00 the day before tour**	**09.00 Road Bike 80K Tour** Pre-book in Cycle Center until 18.00 the day before tour**	**09.00 Mountain Bike 40K Tour** Pre-book in Cycle Center until 18.00 the day before tour**	
Tours				**10.30 Hike to Gran Tarajal meet at Plaza Rambla**			
Swimming	**14.00 Adult Group Swimming Lesson with Sharky Swim School See flyer for details**	**14.00 Adult Group Swimming Lesson with Sharky Swim School See flyer for details**	**14.00 Adult Group Swimming Lesson with Sharky Swim School See flyer for details**	**14.00 Adult Group Swimming Lesson with Sharky Swim School See flyer for details**	**14.00 Adult Group Swimming Lesson with Sharky Swim School See flyer for details**		**14.00 Adult Group Swimming Lesson with Sharky Swim School See flyer for details**
Tennis	**17.00 Tennis "Beat the Coach"** see flyers for details or ask in Sportsbooking €38 - 1 person 60min 20€ - 2 people 45min 20€ - 3 people 90min	**11.00 Test Tennis Lesson €5** Sign up in Sportsbooking see flyer for details or ask in booking	**10.00 Tennis Tournament Doubles mix** €14 per person (inlc racquet) Info in Spoortsbooking	**11.00 Test Tennis Lesson €5** Sign up in Sportsbooking see flyer for details or ask in booking	**10.00 Tennis Tournament Singles** €14 per person (inlc racquet) Info in Spoortsbooking		**11.00 Test Tennis Lesson €5** Sign up in Sportsbooking see flyer for details or ask in booking
Tours							

FOR ALL PAYMENTS AND PREBOOKING PLEASE VISIT OUR SPORT BOOKING DEPARTMENT WHICH IS LOCATED ON PLAZA RAMBLA WITHIN OUR SPORTS SHOP.

* **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.

Playitas Races - water is brought by the instructors to the water stops, however participants must bring their own water bottle.

Sharky Swim School - Ask in Sports Booking for details and price lists

Fitness/gym: Opening hours fitness 08.00-13.00 and 15.00-20.00. Use of fitness is free of charge.

MatchPoint Tennis - please ask at Sportsbooking

** Bike tours: If you want to join the tour with your own bike; please check availibility in Cycle Centre. 10 Euro supplement for the 40 K road bike tours and MTB tours, €20 for 80K tour. A supplement 5€ if riding your own bike.

*** **Bike Hire:** For Bike hire please go directly to the cycle centre which is open for bookings 08:00 to 12:00 and 15:00 to 17:00, bike drop off till 18:00.

Golf: Join the 3 day beginner Golf Introduction: info about prices at the golf clubhouse.

Social Tournaments: All social tournaments are for adults (min 16 years) For Badminton you need to bring a racket and a shuttle cock.

OCR Training - Try out the obstacles with our instructors. Tuesday the activity is aimed at beginners to OCR and Friday for those who have previously done this type of training.

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

The Sport Program is subject to change.