

Activity Programme



Wednesday 24/01/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:30:00	15:00:00	**Golf Tour Tías	Sports Booking
07:45:00	09:35:00	*Green Team Triathlon	Bike Centre
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	09:30:00	*Pilates Reformer	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:30:00	14:00:00	**Scuba Safari Qualified Divers	Dive Centre
08:30:00	12:30:00	**Snorkel Safari Beginners	Dive Centre
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	10:00:00	*Football School 5-10y	Stadium
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	09:45:00	*Kettlebell training, all levels	Bar Park
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	14:00:00	**Volcano Walk - Wine Route	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	11:30:00	*Badminton Tournament 7-14 years	South Hall
10:00:00	10:55:00	BODYCOMBAT™	Volcano
10:00:00	12:00:00	*Beach Social tournament, min. 15 years	Beach Volley Court
10:00:00	16:30:00	**Catamaran Sailing	North Reception
10:00:00	11:00:00	*Football School 11-15y	Stadium
10:00:00	11:00:00	Children & Guest Show Individual Rehearsal	Square
10:00:00	11:00:00	*Kayak Race	Watersports Centre
10:00:00	11:00:00	*Stand Up Paddle Race	Watersports Centre
10:00:00	12:00:00	*Tennis Tournament Intermediate	Tennis Court 1
10:00:00	11:00:00	*TRX Beginners	Basketball Court
10:10:00	11:00:00	*Swim instruction: How to use The POWERBREATHING.	South Pool
10:15:00	13:00:00	*Mountain Bike Tour Intermediate	Bike Centre
11:00:00	11:50:00	Barefoot Fitness	Volcano
11:00:00	12:00:00	Children & Guest Show Individual Rehearsal	Square
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	*Swimming Backstroke Beginners	South Pool
11:00:00	12:30:00	*Windsurf Instruction Beg. 10-14 years (in Danish)	Watersports Centre
11:15:00	12:00:00	*TRX Intermediate	Basketball Court
11:30:00	13:00:00	*Badminton Tournament Intermediate	South Hall
12:00:00	12:30:00	*Swimming Backstroke Intermediate 5-15 years	South Pool

12:00:00	13:00:00	Yoga Flow	Volcano
12:30:00	13:00:00	*Swimming Backstroke Beginners 5-15 years	South Pool
12:30:00	14:00:00	*Windsurf Instruction Beg. 10-14 years (in English)	Watersports Centre
13:30:00	17:30:00	**Scuba Beach Dive Beginners	Dive Centre
14:00:00	16:00:00	**Scuba Pool Dive for beginners	Dive Centre
14:00:00	15:00:00	*Show Rehearsal Play Time 3-12 years	Square
14:00:00	14:40:00	*Teens Circuit	Fitness Centre
14:00:00	16:00:00	*Tennis Tournament Advanced	Tennis Court 1
14:00:00	16:00:00	*Tennis Tournament Beginners	Tennis Court 1
14:15:00	14:45:00	*Hula Hoop	Volcano
15:00:00	15:50:00	*Fitball	Volcano
15:00:00	17:00:00	Social Minigolf for teens (no instructor)	Sports Booking
15:00:00	16:00:00	*Windsurf Race Beginners	Watersports Centre
15:30:00	17:00:00	*Swim Squad	South Pool
16:00:00	16:50:00	*Circuit Fusion	Basketball Court
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	16:45:00	*Release & Unwind	Volcano
16:00:00	17:00:00	*Windsurf Race Advanced	Watersports Centre
16:10:00	17:00:00	*Swimming Open Water Skills Intermediate	Watersports Centre
17:00:00	17:50:00	Dance	Volcano
17:00:00	18:15:00	Off-road Run 12km (5.30 min/km)	Stadium
17:10:00	18:10:00	*INTELLIGENT CYCLING® - Music Theme	Body Bike Room
18:15:00	18:45:00	*Aerial Relaxation	Dance Studio
19:10:00	19:40:00	Diploma Ceremony	Square
20:00:00	21:00:00	Children & Guest Show	Square
22:00:00	03:00:00	Discotheque CLS Arena	Discotheque CLS Arena
22:00:00	00:00:00	Karaoke for everyone	Discotheque CLS Arena

Activity Programme



Thursday 25/01/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	09:00:00	Morningrun Offroad 8km	Stadium
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
09:00:00	09:50:00	Fitness Pilates	Volcano
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	09:50:00	*Swimming Open Water Skills	North Pool
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	11:00:00	*BODYPUMP™	Volcano
10:00:00	10:45:00	*Circuit training for Seniors	Fitness Centre
10:00:00	10:45:00	*Swimming Instruction Fins and Paddles	South Pool
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:45:00	11:30:00	*Swimming Butterfly Beginners	South Pool
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	*Street Workout	Bar Park
11:15:00	12:05:00	*Step Intermediate	Volcano
11:30:00	12:00:00	*Swimming Butterfly Beginners 5-15 years	South Pool
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
12:15:00	13:15:00	Hatha Yoga	Volcano
13:50:00	15:20:00	*Treasure Hunt with Play Time 3-5 years	Play Time
14:00:00	15:00:00	Stord VGS Minitri	
14:00:00	15:30:00	*Padel Tennis Tournament, min. 25 years	Padel Court 1
14:00:00	15:00:00	*Windsurf Instruction Intermediate	Watersports Centre
14:15:00	14:45:00	Ultimate Abs	Volcano
15:00:00	15:50:00	*Introduction to Barbell Training, class 3	Fitness Centre
15:00:00	15:45:00	Stretch & Relax	Volcano
15:00:00	15:45:00	*Stand Up Paddle 10-14 years (in Danish)	Watersports Centre
15:00:00	16:00:00	*Tennis Instruction Beginners	Tennis Court 1
15:00:00	15:25:00	*Trampoline Fitness	The Lawn
15:30:00	17:00:00	*Padel Tennis Tournament, min. 16 years	Padel Court 1
15:30:00	16:50:00	*Treasure Hunt with Play Time 6-12 years	Play Time
15:30:00	17:00:00	*Swim Squad	South Pool
15:30:00	15:55:00	*Trampoline Fitness	The Lawn
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court

16:00:00	17:00:00	*Tennis Instruction Intermediate-Advanced	Tennis Court 1
16:00:00	17:00:00	*TRX Beginners	Basketball Court
16:15:00	16:45:00	BODYATTACK™	Volcano
17:00:00	17:45:00	*Tennis Instruction Beginners 7-14 years	Tennis Court 1
17:00:00	17:50:00	Zumba®	Volcano
17:15:00	18:00:00	*TRX Intermediate	Basketball Court
18:00:00	18:40:00	*Strength & Mobility Training for Seniors	Fitness Centre
18:10:00	19:00:00	*Body Bike Intermediate	Body Bike Room
18:15:00	18:45:00	*Aerial Relaxation	Dance Studio
19:30:00	21:00:00	Live Music in Restaurant El Lago	Restaurant El Lago
20:00:00	22:00:00	Live Music at the square	Square

Activity Programme



Friday 26/01/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:15:00	09:30:00	*Open Water Morning Swim	Watersports Centre
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	09:45:00	Welcome meeting Women's Only Triathlon Camp	North Conference Centre
09:00:00	09:45:00	Information tour in English	Sports Booking
09:00:00	09:30:00	Welcome meeting MTB Week	Famara Conference room (north)
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:50:00	*TRX Fusion	Bar Park
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	10:30:00	Welcome meeting Open Water Swim Camp	North Conference Centre
10:00:00	11:00:00	*Tennis Instruction Intermediate-Advanced	Tennis Court 1
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:15:00	10:45:00	BODYATTACK™	Volcano
11:00:00	12:00:00	*BODYPUMP™	Volcano
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
12:15:00	13:00:00	Stretch & Relax	Volcano
13:50:00	16:50:00	*Baking in Play Time 3-12 years	Play Time
14:00:00	14:45:00	*Aqua jogging	South Pool
14:00:00	15:00:00	*Windsurf Instruction Refresher	Watersports Centre
15:00:00	16:30:00	*Windsurf Instruction Beginners	Watersports Centre
15:15:00	15:45:00	Ultimate Abs	Volcano
15:30:00	17:00:00	*Swim Squad	South Pool
16:00:00	16:50:00	Fitness Pilates	Volcano
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	17:00:00	*TRX Beginners	Basketball Court
17:00:00	17:55:00	BODYCOMBAT™	Volcano
17:00:00	18:15:00	Information tour in Danish	Sports Booking
17:10:00	17:55:00	*Body Bike Beginners	Body Bike Room
17:15:00	18:00:00	*TRX Intermediate	Basketball Court
18:00:00	18:50:00	Dance	Dance Studio
18:10:00	18:50:00	*Body Bike HIIT	Body Bike Room
18:30:00	19:15:00	Welcome meeting Women's Only Triathlon Camp	Famara Conference room

			(north)
19:00:00	21:00:00	*Minigolf Social Tournament	Mini golf Area
19:15:00	19:45:00	*Aerial Relaxation	Dance Studio

Activity Programme



Saturday 27/01/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	*Hydrophobia Swimming	Wellness Centre entrance
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	09:45:00	*INTELLIGENT CYCLING® - Tabata Camp	Body Bike Room
09:00:00	12:00:00	**PADI Open Water Dive Course	Dive Centre
09:00:00	11:00:00	**Scuba Pool Dive for beginners	Dive Centre
09:00:00	10:00:00	*Football School 5-10y	Stadium
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	11:00:00	*Tennis Tournament Beginners 7-14 years	Tennis Court 1
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	11:00:00	*Football School 11-15y	Stadium
10:00:00	10:50:00	*Introduction to Boxing	Boxing Ring
10:00:00	10:45:00	*Racketball Introduction	Squash Court 1
10:00:00	10:45:00	*Intro to Fitness for Seniors	Fitness Centre
10:00:00	10:55:00	*SUP Fitness	Watersports Centre
10:00:00	11:00:00	*TRX Beginners	Basketball Court
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:10:00	10:50:00	*Golf Instruction Beginners	Golf Area
10:10:00	11:00:00	*Swimming Crawl Intermediate	South Pool
11:00:00	11:50:00	*Body toning	Volcano
11:00:00	11:50:00	*Fitness Boxing	Boxing Ring
11:00:00	11:40:00	*Golf Instruction Beginners	Golf Area
11:00:00	12:00:00	*Padel Tennis Intro	Padel Court 1
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	*Swimming Crawl Beginners	South Pool
11:00:00	13:00:00	*Tennis Social Tournament, min. 25 years	Tennis Court 1
11:15:00	12:00:00	*TRX Intermediate	Basketball Court
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
11:50:00	12:30:00	*Golf instruction: Individual Swing School	Golf Area
12:00:00	13:00:00	Hatha Yoga	Volcano
12:00:00	12:30:00	*Swimming Front Crawl Intermediate 5-15 years	South Pool
12:30:00	13:00:00	*Swimming Front Crawl Beginners 5-15 years	South Pool
13:00:00	15:00:00	**Scuba Pool Dive for beginners	Dive Centre

13:50:00	15:20:00	*Ball Games with Play Time 3-5 years	Play Time
14:00:00	17:00:00	**Volcano Walk	Sports Booking
14:00:00	15:30:00	*Food & Health w/Sally Walker	South Conference Centre
14:00:00	15:30:00	*Padel Tennis Tournament, min. 25 years	Padel Court 1
14:00:00	15:00:00	*Windsurf Instruction Refresher	Watersports Centre
14:15:00	15:15:00	*Aerial Strength	Dance Studio
14:15:00	16:00:00	*Road Bike Tour Beginners	Bike Centre
15:00:00	17:00:00	*Badminton Social Tournament, min. 25 years	North Hall
15:00:00	15:45:00	Stretch & Relax	Volcano
15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:00:00	15:40:00	*Rowing Challenge Teens 1000m	Fitness Centre
15:00:00	15:30:00	Ultimate Abs	5-a-side
15:30:00	17:00:00	*Padel Tennis Tournament, min. 16 years	Padel Court 1
15:30:00	16:50:00	*Ball Games with Play Time 6-12 years	Play Time
15:30:00	16:00:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:30:00	17:00:00	*Swim Squad	South Pool
15:45:00	16:15:00	*Deep Water Aqua	North Pool
16:00:00	16:50:00	*6D™ SLIDING	Dance Studio
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	17:00:00	*Golf Putting Competition	Putting Green
16:00:00	16:45:00	*SUP Intermediate	Watersports Centre
16:00:00	17:00:00	*Tennis Fitness	Tennis Court 1
16:15:00	16:45:00	*Step Introduction	Volcano
16:20:00	17:00:00	*Gymnastics, 5-10 years	South Hall
17:00:00	19:00:00	*5 & 10k Race	Stadium
17:00:00	17:40:00	*Gymnastics, 11-16 years	South Hall
17:00:00	18:00:00	*Golf Competition Longest Drive	Golf Area
17:10:00	18:00:00	*Street Workout	Bar Park
17:15:00	19:00:00	*Table Tennis Tournament	Table Tennis Room
18:00:00	18:50:00	*Ballroom Dancing	Dance Studio
18:10:00	19:10:00	*INTELLIGENT CYCLING® - Summit Camp	Body Bike Room
19:00:00	21:00:00	*Football Tournament, min. 16 years	5-a-side
19:15:00	19:45:00	*Aerial Relaxation	Dance Studio
20:00:00	21:00:00	Saturday Night Entertainment	Square
23:00:00	03:00:00	Discotheque CLS Arena	Discotheque CLS Arena

Activity Programme



Sunday 28/01/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:15:00	09:30:00	*Open Water Morning Swim	Watersports Centre
08:30:00	14:00:00	**Scuba Safari Qualified Divers	Dive Centre
09:00:00	10:00:00	*Bleep Test	Stadium
09:00:00	11:00:00	**Scuba Pool Dive for beginners	Dive Centre
09:00:00	13:00:00	**Sea Kayak Tour Beginners	North Reception
09:00:00	13:00:00	**Teguisse Market	North Reception
09:00:00	09:50:00	Fitness Pilates	Volcano
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:45:00	*Tennis Instruction Beginners 7-10 years	Tennis Court 1
09:00:00	09:25:00	*Trampoline Fitness for families, min. 11 years	The Lawn
09:15:00	12:00:00	*Road Bike Tour Intermediate	Bike Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	09:55:00	*Trampoline Fitness for families, min. 11 years	The Lawn
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	10:50:00	Ballroom Fitness™	Volcano
10:00:00	10:50:00	*Introduction to Boxing	Boxing Ring
10:00:00	10:30:00	*Swimming Breaststroke Beginners	South Pool
10:00:00	10:45:00	*Tennis Instruction Beginners 11-15 year	Tennis Court 1
10:00:00	11:30:00	*Windsurf Instruction Beg. 10-14 years (in Danish)	Watersports Centre
10:10:00	10:50:00	*Golf Instruction Beginners	Golf Area
10:10:00	11:00:00	*Pulsing Barre™	The Lawn
10:15:00	11:00:00	*Padel Tennis Beginners 7-10y	Padel Court 1
10:30:00	11:00:00	*Swimming Breaststroke Beginners 5-15 years	South Pool
11:00:00	12:00:00	*BODYPUMP™	Volcano
11:00:00	11:50:00	*Circuit Fusion	Basketball Court
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	12:00:00	*Golf Instruction Short Game	Golf Area
11:00:00	12:00:00	*Tennis Instruction Intermediate-Advanced	Tennis Court 1
11:05:00	12:00:00	*Fitness Introduction	Fitness Centre
11:10:00	11:55:00	*Aqua jogging	South Pool
11:15:00	12:00:00	*Padel Tennis Beginners 11-14y	Padel Court 1
11:30:00	13:00:00	*Windsurf Instruction Beg. 10-14 years (in English)	Watersports Centre
12:00:00	13:00:00	*Padel Tennis Tournament Children	Padel Court 1

	12:00:00	13:00:00	*Tennis Instruction Beginners	Tennis Court 1
	12:10:00	12:50:00	*Golf introduction 13-18 years	Golf Area
	12:15:00	13:00:00	Stretch & Relax	Volcano
	13:30:00	17:30:00	**Snorkel Safari Beginners	Dive Centre
	13:50:00	16:50:00	*Beach and Surf with Play Time 3-12 years	Play Time
	14:00:00	16:00:00	**Scuba Pool Dive for beginners	Dive Centre
	14:00:00	15:00:00	*Swimming Instruction Fins and Paddles	South Pool
	14:05:00	14:50:00	*Fitball for Seniors	Fitness Centre
	14:15:00	15:15:00	*Aerial Stretch	Dance Studio
	14:15:00	14:45:00	*Hula Hoop	Volcano
	15:00:00	17:00:00	*Beach Volley Tournament	Beach Volley Court
	15:00:00	17:00:00	Egg Throwing and Bolas Tournament	Beach Volley Court
	15:00:00	15:50:00	*Fitball	Volcano
	15:10:00	15:40:00	*Golf Introduction to Trackman	Golf Area
	15:15:00	16:00:00	*Squash Instruction Beginners 7-14 years	Squash Court 1
	15:30:00	17:00:00	*Swim Squad	South Pool
	15:50:00	16:20:00	*Golf Introduction to Trackman	Golf Area
	16:00:00	16:50:00	*Introduction to Barbell Training, class 1	Fitness Centre
	16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
	16:00:00	16:45:00	*Release & Unwind	Volcano
	16:00:00	17:00:00	*Squash Instruction Beginners	Squash Court 1
	16:00:00	16:45:00	*SUP Teens Social 13-17 years	Watersports Centre
	16:00:00	17:00:00	*TRX Beginners	Basketball Court
	16:30:00	17:00:00	*Golf Introduction to Trackman	Golf Area
	17:00:00	17:45:00	Running School	Stadium
	17:00:00	18:00:00	*Squash Instruction Intermediate	Squash Court 1
	17:00:00	17:50:00	*Step Beginners	Volcano
	17:00:00	19:00:00	*Tennis Women's Only Doubles	Tennis Court 1
	17:10:00	17:55:00	*Body Bike Beginners	Body Bike Room
	17:10:00	17:50:00	*Golf instruction: Individual Swing School	Golf Area
	17:15:00	18:00:00	*TRX Intermediate	Basketball Court
	17:45:00	18:30:00	Track Session	Stadium
	18:00:00	18:50:00	*Functional Fusion	Dance Studio
	18:10:00	19:00:00	*Body Bike Intermediate	Body Bike Room
	18:15:00	19:00:00	*Rowing Challenge Concept II 2000m	Fitness Centre

Activity Programme



Monday 29/01/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	**Sunrise Openwater Swim Ironman route (20€)	North Reception
07:45:00	09:35:00	*Green Team Duathlon	Bike Centre
08:00:00	15:30:00	**Golf Tour at Costa Teguisse	Sports Booking
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	09:30:00	*Pilates Reformer	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:30:00	14:00:00	**Scuba Safari Qualified Divers	Dive Centre
08:30:00	12:30:00	**Snorkel Safari Beginners	Dive Centre
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	13:30:00	**Fire Mountains	North Reception
09:00:00	10:30:00	Football Tournament 5-10 years	5-a-side
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	09:45:00	*Kettlebell training, all levels	Bar Park
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	14:00:00	**Volcano Walk - Fire Route	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	11:00:00	*Squash Tournament Beginners 7-14	Squash Court 1
10:00:00	12:00:00	*Table Tennis Tournament	Table Tennis Room
10:00:00	11:00:00	*Tennis Serve Beginners	Tennis Court 1
10:00:00	11:00:00	*TRX Beginners	Basketball Court
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	Zumba®	Volcano
10:10:00	11:00:00	*Swimming Crawl Intermediate	South Pool
10:15:00	12:00:00	*Mountain Bike Tour Beginners	Bike Centre
10:30:00	12:00:00	Football Tournament 11-15 years	5-a-side
11:00:00	11:50:00	Barefoot Fitness	Volcano
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	13:00:00	*Squash Tournament Advanced	Squash Court 1
11:00:00	13:00:00	*Squash Tournament Beginners	Squash Court 1
11:00:00	13:00:00	*Squash Tournament Intermediate	Squash Court 1
11:00:00	11:50:00	*Swimming Crawl Beginners	South Pool
11:00:00	12:00:00	*Tennis serve Intermediate - Advanced	Tennis Court 1
11:15:00	12:00:00	*TRX Intermediate	Basketball Court
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre

	12:00:00	13:00:00	*Football Tournament, min. 16 years	5-a-side
	12:00:00	12:30:00	*Swimming Front Crawl Intermediate 5-15 years	South Pool
	12:00:00	13:00:00	Yoga Flow	Volcano
	12:30:00	13:00:00	*Swimming Front Crawl Beginners 5-15 years	South Pool
	13:30:00	17:30:00	**Scuba Beach Dive Beginners	Dive Centre
	13:50:00	16:50:00	*Olympic Day with Play Time 3-12 years	Play Time
	14:00:00	16:00:00	*Racketball tournament, all levels	Squash Court 1
	14:00:00	15:00:00	*Body Sculpting for Girls 13-18 years	Fitness Centre
	14:00:00	14:50:00	*Green Team Aquathlon	South Pool
	14:00:00	16:00:00	**Scuba Pool Dive for beginners	Dive Centre
	14:00:00	17:00:00	**Go-Karting	North Reception
	14:00:00	15:00:00	*Tennis Instruction Beginners	Tennis Court 1
	14:00:00	15:00:00	*Windsurf Instruction Intermediate	Watersports Centre
	14:15:00	15:15:00	*Aerial Strength	Dance Studio
	14:30:00	15:30:00	**Body Profiling w/Sally Walker	North Conference Centre
	15:00:00	15:50:00	*Fitness Boxing	Boxing Ring
	15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
	15:00:00	16:00:00	*Tennis Doubles Tactics	Tennis Court 1
	15:00:00	15:30:00	Ultimate Abs	5-a-side
	15:00:00	16:00:00	*Weight Training for Boys 13-18 years	Fitness Centre
	15:30:00	16:00:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
	15:30:00	17:00:00	*Swim Squad	South Pool
	15:45:00	16:15:00	*Deep Water Aqua	North Pool
	16:00:00	18:00:00	*Tennis Men's Only Doubles	Tennis Court 1
	16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
	16:00:00	16:45:00	Stretch & Relax	Volcano
	16:00:00	16:45:00	*Stand Up Paddle 10-14 years (in English)	Watersports Centre
	16:10:00	17:00:00	*TRX Fusion	Bar Park
	17:00:00	17:55:00	BODYCOMBAT™	Volcano
	18:00:00	19:30:00	*Body Bike Advanced	Body Bike Room
	18:00:00	18:40:00	*Strength & Mobility Training for Seniors	Fitness Centre
	21:00:00	22:00:00	Green Team Show	Square
	23:00:00	03:00:00	Discotheque CLS Arena	Discotheque CLS Arena

Activity Programme



Tuesday 30/01/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:45:00	10:15:00	*Half Marathon	Stadium
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:30:00	14:00:00	**Scuba Safari Qualified Divers	Dive Centre
08:30:00	12:30:00	**Snorkel Safari Beginners	Dive Centre
09:00:00	09:50:00	Ballroom Fitness™	Volcano
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:25:00	*Trampoline Fitness for families, min. 11 years	The Lawn
09:15:00	14:45:00	**Rancho Texas Theme Park	North Reception
09:15:00	14:45:00	**Beach & Shopping in Puerto del Carmen	North Reception
09:15:00	13:00:00	*Road Bike Tour Advanced	Bike Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	09:55:00	*Trampoline Fitness for families, min. 11 years	The Lawn
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	10:50:00	*Introduction to Barbell Training, class 2	Fitness Centre
10:00:00	10:50:00	*Step Intermediate	Volcano
10:00:00	10:55:00	*SUP Fitness	Watersports Centre
10:00:00	11:00:00	*Swimming Competitive Turns	South Pool
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:10:00	10:50:00	*Golf Instruction Beginners	Golf Area
10:10:00	11:00:00	*Pulsing Barre™	The Lawn
10:15:00	11:00:00	*Badminton Instruction Beginners 7-14y	North Hall
11:00:00	11:50:00	*6D™ SLIDING	Dance Studio
11:00:00	12:00:00	*Badminton Instruction Intermediate	North Hall
11:00:00	11:30:00	*Flip n´ Fun High Board Diving 5-10 years	South Pool
11:00:00	11:40:00	*Golf Instruction Beginners	Golf Area
11:00:00	12:00:00	*Padel Tennis Intro	Padel Court 1
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	Pilates, all levels	Volcano
11:00:00	11:50:00	*Street Workout	Bar Park
11:00:00	12:00:00	*Tennis Fitness	Tennis Court 1
11:30:00	12:00:00	*Flip n´ Fun High Board Diving 11-15 years	South Pool
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
11:50:00	12:30:00	*Golf instruction: Individual Swing School	Golf Area

12:00:00	13:00:00	*Badminton Instruction Beginners	North Hall
12:00:00	13:00:00	Hatha Yoga	Volcano
12:00:00	13:00:00	*Padel Tennis Intermediate	Padel Court 1
13:30:00	17:30:00	**Scuba Beach Dive Beginners	Dive Centre
13:50:00	16:50:00	*Play Time Kids Club 3-12 years	Play Time
14:00:00	16:00:00	*Badminton Tournament Advanced	North Hall
14:00:00	16:00:00	*Badminton Tournament Beginners	North Hall
14:00:00	16:00:00	**Scuba Pool Dive for beginners	Dive Centre
14:00:00	14:45:00	*Tennis Instruction Beginners 7-10 years	Tennis Court 1
14:00:00	15:00:00	*Windsurf Instruction Intermediate	Watersports Centre
14:15:00	15:15:00	*Aerial Stretch	Dance Studio
14:15:00	14:45:00	Ultimate Abs	Volcano
14:30:00	16:00:00	**Woman Know Your Hormones w/Sally Walker	South Conference Centre
15:00:00	15:50:00	*Introduction to Boxing	Boxing Ring
15:00:00	15:45:00	Stretch & Relax	Volcano
15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:00:00	15:45:00	*Tennis Instruction Beginners 11-15 year	Tennis Court 1
15:15:00	16:15:00	*Golf Instruction Short Game	Golf Area
15:15:00	15:45:00	*Introduction to Slackline	Watersports Centre
15:30:00	16:00:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:30:00	17:00:00	*Swim Squad	South Pool
16:00:00	16:50:00	*Boxing Intermediate	Boxing Ring
16:00:00	17:00:00	*BODYPUMP™	Volcano
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	16:45:00	*SUP Intermediate	Watersports Centre
16:00:00	18:00:00	*Tennis Social Tournament, min. 25 years	Tennis Court 1
16:00:00	17:00:00	*TRX Beginners	Basketball Court
16:10:00	17:00:00	*Swimming Open Water Skills Beginners	Watersports Centre
16:20:00	17:00:00	*Golf instruction: Individual Swing School	Golf Area
16:20:00	17:00:00	*Gymnastics, 5-10 years	South Hall
17:00:00	17:40:00	*Gymnastics, 11-16 years	South Hall
17:10:00	18:00:00	Hill Run 8km (5min/km)	Stadium
17:15:00	18:05:00	BODYATTACK™	Volcano
17:15:00	18:00:00	*TRX Intermediate	Basketball Court
18:00:00	19:00:00	Time Share Owner's meeting	Members Lounge
18:10:00	19:10:00	*INTELLIGENT CYCLING® - Advanced Camp	Body Bike Room
18:15:00	18:45:00	*Aerial Relaxation	Dance Studio
20:00:00	21:30:00	Live Music at the square	Square

Activity Programme



Wednesday 31/01/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:30:00	15:00:00	**Golf Tour Tías	Sports Booking
07:45:00	09:35:00	*Green Team Triathlon	Bike Centre
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	09:30:00	*Pilates Reformer	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:30:00	14:00:00	**Scuba Safari Qualified Divers	Dive Centre
08:30:00	12:30:00	**Snorkel Safari Beginners	Dive Centre
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	10:00:00	*Football School 5-10y	Stadium
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	09:45:00	*Kettlebell training, all levels	Bar Park
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	14:00:00	**Volcano Walk - Wine Route	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	11:30:00	*Badminton Tournament 7-14 years	North Hall
10:00:00	10:55:00	BODYCOMBAT™	Volcano
10:00:00	12:00:00	*Beach Social tournament, min. 15 years	Beach Volley Court
10:00:00	16:30:00	**Catamaran Sailing	North Reception
10:00:00	11:00:00	*Football School 11-15y	Stadium
10:00:00	11:00:00	Children & Guest Show Individual Rehearsal	Square
10:00:00	12:00:00	*Tennis Tournament Intermediate	Tennis Court 1
10:00:00	11:00:00	*TRX Beginners	Basketball Court
10:00:00	11:30:00	*Windsurf Instruction Beg. 10-14 years (in Danish)	Watersports Centre
10:10:00	11:00:00	*Swim instruction: How to use The POWERBREATHING.	South Pool
10:15:00	13:00:00	*Mountain Bike Tour Intermediate	Bike Centre
11:00:00	11:50:00	Barefoot Fitness	Volcano
11:00:00	12:00:00	Children & Guest Show Individual Rehearsal	Square
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	*Swimming Backstroke Beginners	South Pool
11:15:00	12:00:00	*TRX Intermediate	Basketball Court
11:30:00	13:00:00	*Badminton Tournament Intermediate	North Hall
11:30:00	13:00:00	*Windsurf Instruction Beg. 10-14 years (in English)	Watersports Centre
12:00:00	12:30:00	*Swimming Backstroke Intermediate 5-15 years	South Pool
12:00:00	13:00:00	Yoga Flow	Volcano

12:30:00	13:00:00	*Swimming Backstroke Beginners 5-15 years	South Pool
13:30:00	17:30:00	**Scuba Beach Dive Beginners	Dive Centre
14:00:00	16:00:00	**Scuba Pool Dive for beginners	Dive Centre
14:00:00	15:00:00	*Kayak Race	Watersports Centre
14:00:00	15:00:00	*Show Rehearsal Play Time 3-12 years	Square
14:00:00	15:00:00	*Stand Up Paddle Race	Watersports Centre
14:00:00	14:40:00	*Teens Circuit	Fitness Centre
14:00:00	16:00:00	*Tennis Tournament Advanced	Tennis Court 1
14:00:00	16:00:00	*Tennis Tournament Beginners	Tennis Court 1
15:00:00	15:50:00	*Fitball	Volcano
15:00:00	17:00:00	Social Minigolf for teens (no instructor)	Sports Booking
15:00:00	16:00:00	*Windsurf Race Beginners	Watersports Centre
15:30:00	17:00:00	*Swim Squad	South Pool
16:00:00	16:50:00	*Circuit Fusion	Basketball Court
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	16:45:00	*Release & Unwind	Volcano
16:00:00	17:00:00	*Windsurf Race Advanced	Watersports Centre
16:10:00	17:00:00	*Swimming Open Water Skills Intermediate	Watersports Centre
17:00:00	17:50:00	Dance	Volcano
17:00:00	18:15:00	Off-road Run 12km (5.30 min/km)	Stadium
17:10:00	18:10:00	*INTELLIGENT CYCLING® - Music Theme	Body Bike Room
18:15:00	18:45:00	*Aerial Relaxation	Dance Studio
19:10:00	19:40:00	Diploma Ceremony	Square
20:00:00	21:00:00	Children & Guest Show	Square
22:00:00	03:00:00	Discotheque CLS Arena	Discotheque CLS Arena
22:00:00	00:00:00	Karaoke for everyone	Discotheque CLS Arena

Activity Programme



Thursday 01/02/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	09:00:00	Morningrun Offroad 8km	Stadium
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
09:00:00	09:50:00	Fitness Pilates	Volcano
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	09:50:00	*Swimming Open Water Skills	North Pool
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	11:00:00	*BODYPUMP™	Volcano
10:00:00	10:45:00	*Swimming Instruction Fins and Paddles	South Pool
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:45:00	11:30:00	*Swimming Butterfly Beginners	South Pool
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	*Street Workout	Bar Park
11:15:00	12:05:00	*Step Intermediate	Volcano
11:30:00	12:00:00	*Swimming Butterfly Beginners 5-15 years	South Pool
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
12:15:00	13:15:00	Hatha Yoga	Volcano
13:50:00	15:20:00	*Treasure Hunt with Play Time 3-5 years	Play Time
14:00:00	15:30:00	*Padel Tennis Tournament, min. 25 years	Padel Court 1
14:00:00	15:00:00	*Windsurf Instruction Intermediate	Watersports Centre
14:15:00	14:45:00	Ultimate Abs	Volcano
15:00:00	15:50:00	*Introduction to Barbell Training, class 3	Fitness Centre
15:00:00	15:45:00	Stretch & Relax	Volcano
15:00:00	15:45:00	*Stand Up Paddle 10-14 years (in Danish)	Watersports Centre
15:00:00	16:00:00	*Tennis Instruction Beginners	Tennis Court 1
15:00:00	15:25:00	*Trampoline Fitness	The Lawn
15:30:00	17:00:00	*Padel Tennis Tournament, min. 16 years	Padel Court 1
15:30:00	16:50:00	*Treasure Hunt with Play Time 6-12 years	Play Time
15:30:00	17:00:00	*Swim Squad	South Pool
15:30:00	15:55:00	*Trampoline Fitness	The Lawn
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	17:00:00	*Tennis Instruction Intermediate-Advanced	Tennis Court 1
16:00:00	17:00:00	*TRX Beginners	Basketball Court

16:15:00	16:45:00	BODYATTACK™	Volcano
17:00:00	17:45:00	*Tennis Instruction Beginners 7-14 years	Tennis Court 1
17:00:00	17:50:00	Zumba®	Volcano
17:15:00	18:00:00	*TRX Intermediate	Basketball Court
18:00:00	18:40:00	*Strength & Mobility Training for Seniors	Fitness Centre
18:10:00	19:00:00	*Body Bike Intermediate	Body Bike Room
18:15:00	18:45:00	*Aerial Relaxation	Dance Studio
19:30:00	21:00:00	Live Music in Restaurant El Lago	Restaurant El Lago
20:00:00	22:00:00	Live Music at the square	Square

Activity Programme



Friday 02/02/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:15:00	09:30:00	*Open Water Morning Swim	Watersports Centre
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	09:45:00	Information tour in English	Sports Booking
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:50:00	*TRX Fusion	Bar Park
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	10:50:00	BODYATTACK™	Volcano
10:00:00	11:00:00	*Tennis Instruction Intermediate-Advanced	Tennis Court 1
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
11:00:00	12:00:00	*BODYPUMP™	Volcano
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
12:15:00	13:00:00	Stretch & Relax	Volcano
13:50:00	16:50:00	*Baking in Play Time 3-12 years	Play Time
14:00:00	14:45:00	*Aqua jogging	South Pool
14:00:00	15:00:00	*Windsurf Instruction Refresher	Watersports Centre
15:00:00	16:30:00	*Windsurf Instruction Beginners	Watersports Centre
15:15:00	15:45:00	Ultimate Abs	Volcano
15:30:00	17:00:00	*Swim Squad	South Pool
16:00:00	16:50:00	Fitness Pilates	Volcano
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	17:00:00	*TRX Beginners	Basketball Court
17:00:00	17:55:00	BODYCOMBAT™	Volcano
17:00:00	18:15:00	Information tour in Danish	Sports Booking
17:10:00	17:55:00	*Body Bike Beginners	Body Bike Room
17:15:00	18:00:00	*TRX Intermediate	Basketball Court
18:00:00	18:50:00	Dance	Dance Studio
18:10:00	18:50:00	*Body Bike HIIT	Body Bike Room
19:00:00	21:00:00	*Minigolf Social Tournament	Mini golf Area
19:15:00	19:45:00	*Aerial Relaxation	Dance Studio

Activity Programme



Saturday 03/02/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	*Hydrophobia Swimming	Wellness Centre entrance
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	09:45:00	*INTELLIGENT CYCLING® - Tabata Camp	Body Bike Room
09:00:00	12:00:00	**PADI Open Water Dive Course	Dive Centre
09:00:00	11:00:00	**Scuba Pool Dive for beginners	Dive Centre
09:00:00	10:00:00	*Football School 5-10y	Stadium
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	11:00:00	*Tennis Tournament Beginners 7-14 years	Tennis Court 1
09:30:00	14:30:00	**Surf School	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	10:55:00	BODYJAM™	Volcano
10:00:00	11:00:00	*Football School 11-15y	Stadium
10:00:00	10:50:00	*Introduction to Boxing	Boxing Ring
10:00:00	10:45:00	*Racketball Introduction	Squash Court 1
10:00:00	10:45:00	*Intro to Fitness for Seniors	Fitness Centre
10:00:00	10:55:00	*SUP Fitness	Watersports Centre
10:00:00	11:00:00	*TRX Beginners	Basketball Court
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:10:00	11:00:00	*Swimming Crawl Intermediate	South Pool
11:00:00	11:50:00	*Body toning	Volcano
11:00:00	11:50:00	*Fitness Boxing	Boxing Ring
11:00:00	12:00:00	*Padel Tennis Intro	Padel Court 1
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	*Swimming Crawl Beginners	South Pool
11:00:00	13:00:00	*Tennis Social Tournament, min. 25 years	Tennis Court 1
11:15:00	12:00:00	*TRX Intermediate	Basketball Court
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
12:00:00	13:00:00	Hatha Yoga	Volcano
12:00:00	12:30:00	*Swimming Front Crawl Intermediate 5-15 years	South Pool
12:30:00	13:00:00	*Swimming Front Crawl Beginners 5-15 years	South Pool
13:00:00	15:00:00	**Scuba Pool Dive for beginners	Dive Centre
13:50:00	15:20:00	*Ball Games with Play Time 3-5 years	Play Time
14:00:00	17:00:00	**Volcano Walk	Sports Booking

14:00:00	15:30:00	*Food & Health w/Sally Walker	North Conference Centre
14:00:00	15:30:00	*Padel Tennis Tournament, min. 25 years	Padel Court 1
14:00:00	15:00:00	*Windsurf Instruction Refresher	Watersports Centre
14:15:00	15:15:00	*Aerial Strength	Dance Studio
14:15:00	16:00:00	*Road Bike Tour Beginners	Bike Centre
15:00:00	17:00:00	*Badminton Social Tournament, min. 25 years	North Hall
15:00:00	15:45:00	Stretch & Relax	Volcano
15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:00:00	15:40:00	*Rowing Challenge Teens 1000m	Fitness Centre
15:00:00	15:30:00	Ultimate Abs	5-a-side
15:30:00	17:00:00	*Padel Tennis Tournament, min. 16 years	Padel Court 1
15:30:00	16:50:00	*Ball Games with Play Time 6-12 years	Play Time
15:30:00	16:00:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:30:00	17:00:00	*Swim Squad	South Pool
15:45:00	16:15:00	*Deep Water Aqua	North Pool
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	17:00:00	*Golf Putting Competition	Putting Green
16:00:00	16:45:00	*SUP Intermediate	Watersports Centre
16:00:00	17:00:00	*Tennis Fitness	Tennis Court 1
16:15:00	16:45:00	*Step Introduction	Volcano
16:20:00	17:00:00	*Gymnastics, 5-10 years	South Hall
17:00:00	17:50:00	BODYATTACK™	Volcano
17:00:00	19:00:00	*5 & 10k Race	Stadium
17:00:00	17:40:00	*Gymnastics, 11-16 years	South Hall
17:00:00	18:00:00	*Golf Competition Longest Drive	Golf Area
17:10:00	18:00:00	*Street Workout	Bar Park
17:15:00	19:00:00	*Table Tennis Tournament	Table Tennis Room
18:00:00	18:50:00	*Ballroom Dancing	Dance Studio
18:10:00	19:10:00	*INTELLIGENT CYCLING® - Summit Camp	Body Bike Room
19:00:00	21:00:00	*Football Tournament, min. 16 years	5-a-side
19:15:00	19:45:00	*Aerial Relaxation	Dance Studio
20:00:00	21:00:00	Saturday Night Entertainment	Square
23:00:00	03:00:00	Discotheque CLS Arena	Discotheque CLS Arena

Activity Programme



Sunday 04/02/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:15:00	09:30:00	*Open Water Morning Swim	Watersports Centre
08:30:00	14:00:00	**Scuba Safari Qualified Divers	Dive Centre
09:00:00	10:00:00	*Bleep Test	Stadium
09:00:00	11:00:00	**Scuba Pool Dive for beginners	Dive Centre
09:00:00	13:00:00	**Sea Kayak Tour Beginners	North Reception
09:00:00	13:00:00	**Teguisse Market	North Reception
09:00:00	09:50:00	Fitness Pilates	Volcano
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:45:00	*Tennis Instruction Beginners 7-10 years	Tennis Court 1
09:00:00	09:25:00	*Trampoline Fitness for families, min. 11 years	The Lawn
09:15:00	12:00:00	*Road Bike Tour Intermediate	Bike Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	09:55:00	*Trampoline Fitness	The Lawn
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	10:50:00	Ballroom Fitness™	Volcano
10:00:00	10:50:00	*Introduction to Boxing	Boxing Ring
10:00:00	10:30:00	*Swimming Breaststroke Beginners	South Pool
10:00:00	10:45:00	*Tennis Instruction Beginners 11-15 year	Tennis Court 1
10:00:00	11:30:00	*Windsurf Instruction Beg. 10-14 years (in Danish)	Watersports Centre
10:10:00	10:50:00	*Golf Instruction Beginners	Golf Area
10:10:00	11:00:00	*Pulsing Barre™	The Lawn
10:15:00	11:00:00	*Padel Tennis Beginners 7-10y	Padel Court 1
10:30:00	11:00:00	*Swimming Breaststroke Beginners 5-15 years	South Pool
11:00:00	12:00:00	*BODYPUMP™	Volcano
11:00:00	11:50:00	*Circuit Fusion	Basketball Court
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	12:00:00	*Golf Instruction Short Game	Golf Area
11:00:00	12:00:00	*Tennis Instruction Intermediate-Advanced	Tennis Court 1
11:05:00	12:00:00	*Fitness Introduction	Fitness Centre
11:10:00	11:55:00	*Aqua jogging	South Pool
11:15:00	12:00:00	*Padel Tennis Beginners 11-14y	Padel Court 1
11:30:00	13:00:00	*Windsurf Instruction Beg. 10-14 years (in English)	Watersports Centre
12:00:00	13:00:00	*Padel Tennis Tournament Children	Padel Court 1

12:00:00	13:00:00	*Tennis Instruction Beginners	Tennis Court 1
12:10:00	12:50:00	*Golf introduction 13-18 years	Golf Area
12:15:00	13:00:00	Stretch & Relax	Volcano
13:30:00	17:30:00	**Snorkel Safari Beginners	Dive Centre
13:50:00	16:50:00	*Beach and Surf with Play Time 3-12 years	Play Time
14:00:00	16:00:00	**Scuba Pool Dive for beginners	Dive Centre
14:00:00	15:00:00	*Swimming Instruction Fins and Paddles	South Pool
14:05:00	14:50:00	*Fitball for Seniors	Fitness Centre
14:15:00	15:15:00	*Aerial Stretch	Dance Studio
14:15:00	14:45:00	*Hula Hoop	Volcano
15:00:00	17:00:00	*Beach Volley Tournament	Beach Volley Court
15:00:00	17:00:00	Egg Throwing and Bolas Tournament	Beach Volley Court
15:00:00	15:50:00	*Fitball	Volcano
15:10:00	15:40:00	*Golf Introduction to Trackman	Golf Area
15:15:00	16:00:00	*Squash Instruction Beginners 7-14 years	Squash Court 1
15:30:00	17:00:00	*Swim Squad	South Pool
15:50:00	16:20:00	*Golf Introduction to Trackman	Golf Area
16:00:00	16:50:00	*Introduction to Barbell Training, class 1	Fitness Centre
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	16:45:00	*Release & Unwind	Volcano
16:00:00	17:00:00	*Squash Instruction Beginners	Squash Court 1
16:00:00	16:45:00	*SUP Teens Social 13-17 years	Watersports Centre
16:00:00	17:00:00	*TRX Beginners	Basketball Court
16:30:00	17:00:00	*Golf Introduction to Trackman	Golf Area
17:00:00	17:45:00	Running School	Stadium
17:00:00	18:00:00	*Squash Instruction Intermediate	Squash Court 1
17:00:00	17:50:00	*Step Beginners	Volcano
17:00:00	19:00:00	*Tennis Women's Only Doubles	Tennis Court 1
17:10:00	17:55:00	*Body Bike Beginners	Body Bike Room
17:10:00	17:50:00	*Golf instruction: Individual Swing School	Golf Area
17:15:00	18:00:00	*TRX Intermediate	Basketball Court
17:45:00	18:30:00	Track Session	Stadium
18:00:00	18:50:00	*Functional Fusion	Dance Studio
18:10:00	19:00:00	*Body Bike Intermediate	Body Bike Room
18:15:00	19:00:00	*Rowing Challenge Concept II 2000m	Fitness Centre
19:15:00	19:45:00	*Aerial Relaxation	Dance Studio

Activity Programme



Monday 05/02/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:00:00	09:45:00	**Sunrise Openwater Swim Ironman route (20€)	North Reception
07:45:00	09:35:00	*Green Team Duathlon	Bike Centre
08:00:00	15:30:00	**Golf Tour at Costa Teguisse	Sports Booking
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:00:00	09:30:00	*Pilates Reformer	Dance Studio
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:30:00	14:00:00	**Scuba Safari Qualified Divers	Dive Centre
08:30:00	12:30:00	**Snorkel Safari Beginners	Dive Centre
09:00:00	09:55:00	BODYBALANCE™	Volcano
09:00:00	13:30:00	**Fire Mountains	North Reception
09:00:00	10:30:00	Football Tournament 5-10 years	5-a-side
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	09:45:00	*Kettlebell training, all levels	Bar Park
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	14:00:00	**Volcano Walk - Fire Route	North Reception
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	10:50:00	*6D™ SLIDING	Dance Studio
10:00:00	11:00:00	*Squash Tournament Beginners 7-14	Squash Court 1
10:00:00	12:00:00	*Table Tennis Tournament	Table Tennis Room
10:00:00	11:00:00	*Tennis Serve Beginners	Tennis Court 1
10:00:00	11:00:00	*TRX Beginners	Basketball Court
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:00:00	10:50:00	Zumba®	Volcano
10:10:00	11:00:00	*Swimming Crawl Intermediate	South Pool
10:15:00	12:00:00	*Mountain Bike Tour Beginners	Bike Centre
10:30:00	12:00:00	Football Tournament 11-15 years	5-a-side
11:00:00	11:50:00	Barefoot Fitness	Volcano
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	13:00:00	*Squash Tournament Advanced	Squash Court 1
11:00:00	13:00:00	*Squash Tournament Beginners	Squash Court 1
11:00:00	13:00:00	*Squash Tournament Intermediate	Squash Court 1
11:00:00	11:50:00	*Swimming Crawl Beginners	South Pool
11:00:00	12:00:00	*Tennis serve Intermediate - Advanced	Tennis Court 1
11:15:00	12:00:00	*TRX Intermediate	Basketball Court

11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
12:00:00	13:00:00	*Football Tournament, min. 16 years	5-a-side
12:00:00	12:30:00	*Swimming Front Crawl Intermediate 5-15 years	South Pool
12:00:00	13:00:00	Yoga Flow	Volcano
12:30:00	13:00:00	*Swimming Front Crawl Beginners 5-15 years	South Pool
13:30:00	17:30:00	**Scuba Beach Dive Beginners	Dive Centre
13:50:00	16:50:00	*Olympic Day with Play Time 3-12 years	Play Time
14:00:00	16:00:00	*Racketball tournament, all levels	Squash Court 1
14:00:00	15:00:00	*Body Sculpting for Girls 13-18 years	Fitness Centre
14:00:00	14:50:00	*Green Team Aquathlon	South Pool
14:00:00	16:00:00	**Scuba Pool Dive for beginners	Dive Centre
14:00:00	17:00:00	**Go-Karting	North Reception
14:00:00	15:00:00	*Tennis Instruction Beginners	Tennis Court 1
14:00:00	15:00:00	*Windsurf Instruction Intermediate	Watersports Centre
14:15:00	15:15:00	*Aerial Strength	Dance Studio
14:30:00	15:30:00	**Body Profiling w/Sally Walker	North Conference Centre
15:00:00	15:50:00	*Fitness Boxing	Boxing Ring
15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:00:00	16:00:00	*Tennis Doubles Tactics	Tennis Court 1
15:00:00	15:30:00	Ultimate Abs	5-a-side
15:00:00	16:00:00	*Weight Training for Boys 13-18 years	Fitness Centre
15:30:00	16:00:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:30:00	17:00:00	*Swim Squad	South Pool
15:45:00	16:15:00	*Deep Water Aqua	North Pool
16:00:00	18:00:00	*Tennis Men's Only Doubles	Tennis Court 1
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	16:45:00	Stretch & Relax	5-a-side
16:00:00	16:45:00	*Stand Up Paddle 10-14 years (in English)	Watersports Centre
16:10:00	17:00:00	*TRX Fusion	Bar Park
17:00:00	17:55:00	BODYCOMBAT™	5-a-side
17:30:00	19:00:00	*Body Bike Advanced	Body Bike Room
18:00:00	18:50:00	*Ballroom Dancing	Dance Studio
18:00:00	18:40:00	*Strength & Mobility Training for Seniors	Fitness Centre
21:00:00	22:00:00	Green Team Show	Square
23:00:00	03:00:00	Discotheque CLS Arena	Discotheque CLS Arena

Activity Programme



Tuesday 06/02/2018

*sign up **sign up and pay

Start Time	End Time	Activity Name	Meeting Point
07:45:00	10:15:00	*Half Marathon	Stadium
08:00:00	08:15:00	Morning Gymnastics	Leisure Pool
08:15:00	08:45:00	Morningrun or Walk 2-5 km	Stadium
08:30:00	14:00:00	**Scuba Safari Qualified Divers	Dive Centre
08:30:00	12:30:00	**Snorkel Safari Beginners	Dive Centre
09:00:00	09:50:00	Ballroom Fitness™	Volcano
09:00:00	10:00:00	*Kayak Instruction Beginners	Watersports Centre
09:00:00	09:45:00	*Circuit training for Seniors	Fitness Centre
09:00:00	09:25:00	*Trampoline Fitness	The Lawn
09:15:00	14:45:00	**Rancho Texas Theme Park	North Reception
09:15:00	14:45:00	**Beach & Shopping in Puerto del Carmen	North Reception
09:15:00	13:00:00	*Road Bike Tour Advanced	Bike Centre
09:30:00	14:30:00	**Surf School	North Reception
09:30:00	09:55:00	*Trampoline Fitness	The Lawn
09:50:00	12:50:00	*Play Time Kids Club 3-12 years	Play Time
10:00:00	10:50:00	*Introduction to Barbell Training, class 2	Fitness Centre
10:00:00	10:50:00	*Step Intermediate	Volcano
10:00:00	10:55:00	*SUP Fitness	Watersports Centre
10:00:00	11:00:00	*Swimming Competitive Turns	South Pool
10:00:00	11:30:00	*Windsurf Instruction Beginners	Watersports Centre
10:10:00	10:50:00	*Golf Instruction Beginners	Golf Area
10:10:00	11:00:00	*Pulsing Barre™	The Lawn
10:15:00	11:00:00	*Badminton Instruction Beginners 7-14y	North Hall
11:00:00	12:00:00	*Badminton Instruction Intermediate	North Hall
11:00:00	11:30:00	*Flip n' Fun High Board Diving 5-10 years	South Pool
11:00:00	11:40:00	*Golf Instruction Beginners	Golf Area
11:00:00	12:00:00	*Padel Tennis Intro	Padel Court 1
11:00:00	12:00:00	*Social Petanque (no instructor)	Pétanque Court
11:00:00	11:50:00	Pilates, all levels	Volcano
11:00:00	11:50:00	*Street Workout	Bar Park
11:00:00	12:00:00	*Tennis Fitness	Tennis Court 1
11:30:00	12:00:00	*Flip n' Fun High Board Diving 11-15 years	South Pool
11:30:00	13:00:00	*Windsurf Instruction Beginners	Watersports Centre
11:50:00	12:30:00	*Golf instruction: Individual Swing School	Golf Area
12:00:00	13:00:00	*Badminton Instruction Beginners	North Hall

12:00:00	13:00:00	Hatha Yoga	Volcano
12:00:00	13:00:00	*Padel Tennis Intermediate	Padel Court 1
13:30:00	17:30:00	**Scuba Beach Dive Beginners	Dive Centre
13:50:00	16:50:00	*Play Time Kids Club 3-12 years	Play Time
14:00:00	16:00:00	*Badminton Tournament Advanced	North Hall
14:00:00	16:00:00	*Badminton Tournament Beginners	North Hall
14:00:00	16:00:00	**Scuba Pool Dive for beginners	Dive Centre
14:00:00	14:45:00	*Tennis Instruction Beginners 7-10 years	Tennis Court 1
14:00:00	15:00:00	*Windsurf Instruction Intermediate	Watersports Centre
14:15:00	15:15:00	*Aerial Stretch	Dance Studio
14:15:00	14:45:00	Ultimate Abs	Volcano
14:30:00	16:00:00	**Woman Know Your Hormones w/Sally Walker	South Conference Centre
15:00:00	15:50:00	*Introduction to Boxing	Boxing Ring
15:00:00	15:45:00	Stretch & Relax	Volcano
15:00:00	15:30:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:00:00	15:45:00	*Tennis Instruction Beginners 11-15 year	Tennis Court 1
15:15:00	16:15:00	*Golf Instruction Short Game	Golf Area
15:15:00	15:45:00	*Introduction to Slackline	Watersports Centre
15:30:00	16:00:00	*Stand Up Paddle (SUP) for beginners	Watersports Centre
15:30:00	17:00:00	*Swim Squad	South Pool
16:00:00	16:50:00	*Boxing Intermediate	Boxing Ring
16:00:00	17:00:00	*BODYPUMP™	Volcano
16:00:00	17:00:00	*Social Petanque (no instructor)	Pétanque Court
16:00:00	16:45:00	*SUP Intermediate	Watersports Centre
16:00:00	18:00:00	*Tennis Social Tournament, min. 25 years	Tennis Court 1
16:00:00	17:00:00	*TRX Beginners	Basketball Court
16:10:00	17:00:00	*Swimming Open Water Skills Beginners	Watersports Centre
16:20:00	17:00:00	*Golf instruction: Individual Swing School	Golf Area
16:20:00	17:00:00	*Gymnastics, 5-10 years	South Hall
17:00:00	17:40:00	*Gymnastics, 11-16 years	South Hall
17:10:00	18:00:00	Hill Run 8km (5min/km)	Stadium
17:15:00	18:05:00	BODYATTACK™	Volcano
17:15:00	18:00:00	*TRX Intermediate	Basketball Court
18:00:00	19:00:00	Time Share Owner's meeting	Members Lounge
18:10:00	19:10:00	*INTELLIGENT CYCLING® - Advanced Camp	Body Bike Room
18:15:00	18:45:00	*Aerial Relaxation	Dance Studio
20:00:00	21:30:00	Live Music at the square	Square