

Wednesday 30 September 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
08:00	10:00	Green Team hosted Triathlon with BodyBike	North Pool Lane 8
08:00	08:15	Morning Gymnastics	Morning Gym Stage
08:00	08:30	Morning meditation	Dance Studio
08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
09:00	11:45	40 km road bike tour, 22-24 km/h avg. speed	Bike Centre
09:00	09:50	Football School 5-10 years	5-a-side
09:00	09:50	Introduction to CrossFit	Crossfit Area
09:00	09:50	Circuit Fusion	Functional Zone
09:00	09:50	Golf Functional Training	Golf Area
09:00	09:50	Introduction to Beach Tennis	Beach Volley Court 1
09:00	09:45	LIIT	Volcano
09:00	09:50	Padel Beginners- Level 1.0-3.0	Padel Court 4
09:00	10:00	Play Time Kids Club 3-10 years	Playtime
09:00	09:45	Circuit training for seniors	The Lawn
09:00	13:30	*Volcano Walk - Wine Route	North Reception
09:15	09:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:30	13:30	*Surf School	North Reception
10:00	10:50	Football School 10-15 years	5-a-side
10:00	11:50	Social Beach Tennis Tournament, min. 20 years	Beach Volley Court 1
10:00	11:20	Padel tournament, beginners/intermediate - Level 1.0-3.0	Padel Court 4
10:00	11:30	Windsurf Instruction Beg. 10-15 years	Watersports Centre
10:00	10:50	CrossFit (only for experienced)	Crossfit Area
10:00	10:50	Dance	Volcano
10:00	10:50	Functional training	Functional Zone
10:00	11:20	Badminton Tournament Intermediate	North Hall Court 1
10:00	10:50	Pilates, all levels	The Lawn
10:00	11:00	Play Time Kids Club 3-10 years	Playtime
10:00	10:50	Tennis Instruction for Seniors	Tennis Court 2
10:00	10:45	Track Session	Running Track
10:00	11:50	Golf - Wedging	Trackman Studio
10:10	10:50	Swimming: Introduction to Front Crawl	South Pool Lane 8
11:00	12:00	Aerial Fitness	Dance Studio

	START	END	ACTIVITY	MEETING POINT
	11:00	11:45	2 Generation HYROX, min. 10 years	Functional Zone
	11:00	11:50	Tennis Doubles Tactics	Tennis Court 2
	11:00	11:55	Play Time Kids Club 3-10 years	Playtime
	11:00	11:30	Ultimate Legs & Glutes	Volcano
	11:00	11:55	Yoga Flow	The Lawn
	11:10	11:50	Swimming Breaststroke for adults	South Pool Lane 8
	11:30	12:50	Badminton Tournament 10-15 years	North Hall Court 1
	11:30	13:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
	11:30	12:50	Padel tournament, intermediate/advanced - Level 3.0-5.0	Padel Court 4
	12:00	12:40	Aqua jogging	South Pool Lane 8
	12:00	13:00	Individual rehearsal, min. 5 years – Children and Guest show	Square
	12:15	12:45	Aerial Relaxation	Dance Studio
	14:00	14:25	Swimming: Learn Breaststroke, 6-10 years	South Pool Lane 8
	14:00	15:50	Golf - How to hit your woods	Trackman Studio
	14:00	15:00	Kayak Race	Watersports Centre
	14:00	14:45	Senior Training - Full body workout	Dance Studio
	14:00	15:00	Stand Up Paddle Race	Watersports Centre
	14:15	14:55	Introduction to Fitness Centre - Strength machines	Fitness Centre
	14:30	14:55	Swimming: Breaststroke, 10-15 years	South Pool Lane 8
	15:00	15:45	Padel Beginners 10-15 years	Padel Court 4
	15:00	15:50	Tennis instruction Beginner 2	Tennis Court 2
	15:00	15:55	BODYBALANCE™	Volcano
	15:00	17:45	Mountain Bike Tour Intermediate (Experience required)	Bike Centre
	15:00	15:50	Badminton Instruction for Seniors	North Hall Court 1
	15:00	16:00	Windsurf Race Beginners	Watersports Centre
	15:00	16:30	Wingfoil, beginners (windsurf experience required)	Watersports Centre
	15:15	15:45	Fun Time: Rehearsal for Children & Guest show, 3-14 years	Square
	16:00	16:45	Padel Beginners 6-10 years	Padel Court 4
	16:00	17:55	Beach Volley Tournament	Beach Volley Court 1
	16:00	17:50	Tennis Tournament Beginners	Tennis Court 1
	16:00	16:50	Introduction to HYROX	Functional Zone
	16:00	16:40	Introduction to bouldering, min. 15 years (Collect bouldering shoes from Sports Booking before class)	Bouldering Room
	16:00	16:50	Pickleball Tournament (no instructor)	Pickleball Court 1
	16:00	16:50	TRX (all levels)	TRX Area
	16:00	17:00	Windsurf Race Advanced	Watersports Centre
	16:05	16:55	Fitball	Volcano

START	END	ACTIVITY	MEETING POINT
 16:10	16:50	HIIT Swimming, min. 15 years	South Pool Lane 8
 16:15	17:45	Jungle run for families (min. 5 years)	La Rambla
 16:30	17:25	Body Bike Base Camp (beginners) - Silent Fit	Body Bike Area
 17:00	18:45	HYROX Endurance	Functional Zone
 17:00	17:50	Padel Advanced- Level 4.0-5.0	Padel Court 4
 17:00	19:00	Social Minigolf for teens (no instructor)	Minigolf
 17:00	17:50	TRX (only for experienced)	TRX Area
 17:05	17:55	Stretch & Relax	Volcano
 17:10	18:00	7.5km off road hill run (5:15 min/km pace)	La Rambla
 17:15	17:45	Trampoline Fitness - Silent Fit, min 10 years	The Lawn
 17:15	18:45	Swim Squad, min. 10 years	South Pool Lane 8
 17:45	18:25	Body Bike HIIT - Silent Fit	Body Bike Area
 18:00	18:50	CrossFit Conditioning (all levels)	Crossfit Area
 18:00	19:50	Social Double Badminton tournament (no instructor)	North Hall Court 1
 18:00	19:50	Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0	Padel Court 1
 18:05	18:55	Body toning	Volcano
 19:00	19:45	Children & Guest Show	Square
 21:30	23:00	Happy Hour & Karaoke	Disco CLS Arena Downstairs

Thursday 1 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
08:00	08:15	Morning Gymnastics	Morning Gym Stage
08:00	08:50	Open Water Morning Swim	Watersports Centre
08:15	09:15	Morningrun Offroad 8km (5min./km or 5:45min/km)	La Rambla
08:15	09:30	Fitness Reformer (with socks!)	Dance Studio
08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
08:15	09:15	Body Bike Power - Silent Fit	Body Bike Area
08:45	11:00	Green Team HYROX race simulation (must be able to run)	Functional Zone
09:00	11:45	50-60 km road bike tour, 24-26 km/h avg. speed	Bike Centre
09:00	09:50	Badminton Instruction Advanced	North Hall Court 1
09:00	10:55	Tennis Tournament Beginners	Tennis Court 1
09:00	09:50	Golf – Chipping	Golf Area
09:00	09:50	Mobility, all levels	Volcano
09:00	09:50	Padel Beginners– Level 1.0-3.0	Padel Court 4
09:00	10:00	Play Time Kids Club 3-10 years	Playtime
09:00	09:45	Circuit training for seniors	5-a-side
09:15	09:55	Kayak Instruction Beginners	Watersports Centre
09:30	10:30	Introduction to Pump foiling	Watersports Centre
09:30	13:30	*Surf School	North Reception
10:00	10:40	Aqua jogging	South Pool Lane 16
10:00	11:30	Windsurf Instruction Beginners	Watersports Centre
10:00	10:55	BODYPUMP™	Volcano
10:00	10:50	CrossFit Technique (only for experienced)	Crossfit Area
10:00	10:45	Swimming Intermediate Front Crawl	South Pool Lane 8
10:00	10:50	Padel Intermediate - Tactics - Level 3.0-4.0	Padel Court 4
10:00	11:00	Play Time Kids Club 3-10 years	Playtime
10:00	10:50	Golf – Putting	Golf Area
10:00	10:50	Table Tennis Tournament	North Hall Court 1
11:00	11:50	Table Tennis Tournament, 10-15 years	North Hall Court 1
11:00	11:45	Swimming Beginners Front Crawl	South Pool Lane 8
11:00	11:50	Boxing Intermediate	Functional Zone
11:00	11:50	Introduction to CrossFit	Crossfit Area
11:00	12:55	Tennis Tournament Intermediate	Tennis Court 1
11:00	11:55	Play Time Kids Club 3-10 years	Playtime

START	END	ACTIVITY	MEETING POINT
 11:00	12:00	Golf Putting Competition	Golf Area
 11:00	11:45	SUP Fitness	Watersports Centre
 11:00	12:30	Wingfoil, beginners (windsurf experience required)	Watersports Centre
 11:05	12:00	BODYCOMBAT™	Volcano
 11:15	11:45	Ultimate Legs & Glutes	5-a-side
 11:20	11:50	Playful Penguins, 5-6 years	Children Pool
 11:30	13:00	Windsurf Instruction Beginners	Watersports Centre
 12:00	12:30	Playful Penguins, 3-4 years	Children Pool
 12:00	12:45	Intro to Aerial Fitness	Dance Studio
 12:00	13:50	Basketball tournament/game (no instructor)	3x3 Basketball
 12:10	13:00	Pilates, all levels	Volcano
 13:00	13:40	Breathe better - live better	Dance Studio
 13:00	14:50	Social Football min. 15 years	5-a-side
 14:00	14:25	Flip ´n´ Fun, 6-10 years	South Pool Lane 8
 14:00	14:55	Windsurf Instruction Advanced	Watersports Centre
 14:00	14:50	Golf Instruction Beginners	Golf Area
 14:00	15:00	Pelvic Floor Workshop	Dance Studio
 14:00	15:20	Padel Social Tournament - all levels, min. 20 years	Padel Court 4
 14:00	14:50	Functional Team Workout	Functional Zone
 14:15	14:45	Deep Water Aerobics	North Pool Lane 1
 14:30	14:55	Flip ´n´ Fun, 10-15 years	South Pool Lane 8
 15:00	15:50	Fun Time: Street day, 3-5 years	3x3 Basketball
 15:00	16:00	Introduction to MTB	Bike Centre
 15:00	15:50	Introduction to Powerlifting	Weightlifting area in the Fitness Centre + 15 years
 15:00	15:50	Pickleball: Beat the Green Team	Pickleball Court 1
 15:00	15:50	Golf - Speed training	Trackman Studio
 15:00	16:30	Wingfoil, intermediate (wing experience required)	Watersports Centre
 15:15	16:00	2 Generation SUP instruction, min. 6 years	Watersports Centre
 15:30	16:00	HIIT	Volcano
 15:30	18:00	*Horseback Riding	North Reception
 15:30	15:55	Introduction to Yoga	5-a-side
 15:30	16:50	Padel Social Tournament - all levels, min. 15 years	Padel Court 4
 16:00	16:50	Badminton Instruction Beginners	North Hall Court 1
 16:00	17:30	Mountain Bike Tour Beginners	Bike Centre
 16:00	16:50	CrossFit Conditioning (all levels)	Crossfit Area
 16:00	16:50	Circuit Fusion	Functional Zone
 16:00	16:50	Fun Time: Street day, 6-10 years	3x3 Basketball
 16:00	16:50	Pickleball Instruction Beginners	Pickleball Court 1
 16:00	16:45	TRX for Seniors	TRX Area

START	END	ACTIVITY	MEETING POINT
 16:00	16:30	Introduction to Slackline	Watersports Centre
 16:00	16:55	Yoga Flow	5-a-side
 16:15	16:55	Aqua jogging	South Pool Lane 8
 16:15	17:10	Body Bike Base Camp (beginners) - Silent Fit	Body Bike Area
 16:15	16:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
 16:15	16:45	Ultimate Abs	Volcano
 17:00	17:45	Two Generations Tennis Instruction	Tennis Court 2
 17:00	17:50	Introduction to HYROX	Functional Zone
 17:00	17:50	Beach Tennis Tournament (no instructor), all levels	Beach Volley Court 1
 17:00	17:50	Stretch & Relax	Volcano
 17:00	17:50	TRX (all levels)	TRX Area
 17:00	17:50	Young Time: Street day, 10-15 years	3x3 Basketball
 17:15	17:45	Trampoline Fitness - Silent Fit, min 10 years	The Lawn
 17:15	18:45	Swim Squad, min. 10 years	South Pool Lane 8
 18:00	18:50	Step Intermediate	Volcano
 18:15	19:45	FIFA Tournament, min. 10 years	Playtime
 20:00	22:00	Live Music at The Square	Square

Friday 2 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
08:00	08:15	Morning Gymnastics	Morning Gym Stage
08:15	09:45	Pilates Reformer, all levels (with socks!)	Dance Studio
08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
09:00	11:45	40 km road bike tour, 22-24 km/h avg. speed	Bike Centre
09:00	09:55	BODYBALANCE™	Volcano
09:00	09:50	Tennis Fitness	Tennis Court 1
09:00	09:45	Introduction to HYROX	Functional Zone
09:00	09:50	Padel Beginners– Level 1.0-3.0	Padel Court 4
09:00	10:00	Play Time Kids Club 3-10 years	Playtime
09:00	09:45	Circuit training for seniors	5-a-side
09:00	09:50	TRX (all levels)	TRX Area
09:15	09:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:15	09:45	Toddlers Water Experience, 12-35 months	Wellness Pool
09:30	13:30	*Surf School	North Reception
09:45	10:15	Bus transfer to the Airport (Billund)	North Reception
10:00	10:50	Tennis instruction Beginner 1	Tennis Court 2
10:00	10:50	Golf Instruction Beginners	Golf Area
10:00	11:30	Windsurf Instruction Beginners	Watersports Centre
10:00	10:55	BODYPUMP™	Volcano
10:00	10:50	Circuit Fusion	Functional Zone
10:00	10:50	Tennis instruction Intermediate	Tennis Court 4
10:00	10:50	Pilates, all levels	5-a-side
10:00	11:00	Play Time Kids Club 3-10 years	Playtime
10:00	11:30	Wingfoil, beginners (windsurf experience required)	Watersports Centre
10:10	10:55	Swimming Front Crawl Advanced	South Pool Lane 8
11:00	12:50	Golf - How to hit your woods	Trackman Studio
11:00	11:55	Play Time Kids Club 3-10 years	Playtime
11:10	11:50	Swimming Tumble Turns	South Pool Lane 8
11:15	11:45	Ultimate Abs	Volcano
11:30	13:00	Windsurf Instruction Beginners	Watersports Centre
11:45	12:15	Bus transfer to the Airport (Copenhagen)	North Reception
13:15	13:45	Aerial Relaxation	Dance Studio
14:00	15:50	Golf - Calibrate your irons	Trackman Studio

START	END	ACTIVITY	MEETING POINT
 14:00	14:55	Hatha Yoga	Volcano
 14:00	14:55	Windsurf Instruction Refresher	Watersports Centre
 15:00	16:30	Windsurf Instruction Beginners	Watersports Centre
 15:00	15:50	Padel Intermediate 1 - Level 2.0-3.5	Padel Court 4
 15:15	15:45	Fun Time: Bouncing Day, 3-10 years	The Lawn
 15:15	15:45	Ultimate Abs	Volcano
 15:45	16:15	Fun Time: Bouncing Day, 3-10 years	The Lawn
 16:00	17:30	20 km gravel bike tour (Experience required)	Bike Centre
 16:00	16:50	Body toning	Volcano
 16:00	16:50	Golf: Bunker lesson	Golf Area
 16:00	17:50	Family Mini-Tennis Tournament, min. 6 years	North Hall Court 1
 16:15	16:45	Fun Time: Bouncing Day, 3-10 years	The Lawn
 17:00	17:50	Functional Mobility	Crossfit Area
 17:00	17:50	Functional training	Functional Zone
 17:00	18:30	Information tour in Danish	Sports Booking
 17:00	17:50	Stretch & Relax	Volcano
 17:15	18:45	Swim Squad, min. 10 years	South Pool Lane 8
 17:30	18:30	Body Bike Power - Silent Fit	Body Bike Area
 18:00	18:50	CrossFit Conditioning (all levels)	Crossfit Area
 18:30	20:20	Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0	Padel Court 1

Saturday 3 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
 08:00	08:15	Morning Gymnastics	Morning Gym Stage
 08:00	08:30	Morning meditation	Dance Studio
 08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
 08:15	09:15	Body Bike Power - Silent Fit	Body Bike Area
 09:00	09:45	Tennis Instruction Beginners 10-15 year	Tennis Court 2
 09:00	09:50	Football School 5-10 years	5-a-side
 09:00	09:50	Introduction to CrossFit	Crossfit Area
 09:00	09:50	Fascial Training	Volcano
 09:00	11:30	Mountain Bike Tour Intermediate (Experience required)	Bike Centre
 09:00	09:50	Pickleball Instruction Beginners	Pickleball Court 1
 09:00	10:00	Play Time Kids Club 3-10 years	Playtime
 09:00	11:00	9-Hole TrackMan Challenge (no instructor)	Trackman Studio
 09:00	09:45	Circuit training for seniors	The Lawn
 09:15	09:55	Kayak Instruction Beginners	Watersports Centre
 09:15	10:45	Pilates Reformer, all levels (with socks!)	Dance Studio
 09:15	09:45	Toddlers Water Experience, 12-35 months	Wellness Pool
 09:30	13:30	*Surf School	North Reception
 10:00	10:50	Football School 10-15 years	5-a-side
 10:00	10:45	Tennis Instruction Beginners 6-10 years	Tennis Court 2
 10:00	11:30	Windsurf Instruction Beg. 10-15 years	Watersports Centre
 10:00	10:45	BODYATTACK™	Volcano
 10:00	10:50	CrossFit Conditioning (all levels)	Crossfit Area
 10:00	10:50	Kettlebell training, all levels	Functional Zone
 10:00	10:50	Padel Beginners– Level 1.0-3.0	Padel Court 4
 10:00	11:00	Play Time Kids Club 3-10 years	Playtime
 10:00	10:50	TRX (all levels)	TRX Area
 10:10	10:50	Swimming Backstroke for adults	South Pool Lane 8
11:00	11:40	Basic Swim Steps, 6-10 years	South Pool Lane 8
11:00	11:50	Table Tennis Instruction, beginners, 6-15 years	North Hall Court 1
11:00	11:50	Functional training	Functional Zone
11:00	11:50	Padel Intermediate 2 - Level 3.0-4.0	Padel Court 4
11:00	11:55	Play Time Kids Club 3-10 years	Playtime
11:00	12:50	Tennis Social Tournament, min. 15 years	Tennis Court 1

START	END	ACTIVITY	MEETING POINT
 11:00	11:50	T-BOW®	Volcano
 11:15	12:00	Intro to Aerial Fitness	Dance Studio
 11:30	13:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
 12:00	12:50	Table Tennis Tournament, 10-15 years	North Hall Court 1
 14:00	14:40	Aqua jogging	South Pool Lane 8
 14:00	14:45	Fun Time: Treasure Hunt, 3-5 years	Playtime
 14:00	15:20	Padel Social Tournament - all levels, min. 20 years	Padel Court 4
 14:15	14:45	Deep Water Aerobics	North Pool Lane 1
 14:15	14:55	Introduction to Fitness Centre - Strength machines	Fitness Centre
 14:15	14:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
 15:00	15:45	Fun Time: Treasure Hunt, 6-10 years	Playtime
 15:00	15:55	Windsurf Instruction Intermediate	Watersports Centre
 15:00	15:50	Introduction to Olympic Weightlifting	Weightlifting area in the Fitness Centre + 15 years
 15:00	16:00	Introduction to road cycling	Bike Centre
 15:00	15:45	Swimming: Introduction to Front Crawl	South Pool Lane 8
 15:00	16:50	Basketball tournament/game (no instructor)	3x3 Basketball
 15:00	15:50	Table Tennis Instruction, beginners, min. 15 years	North Hall Court 1
 15:00	16:30	Wingfoil, beginners (windsurf experience required)	Watersports Centre
 15:15	16:00	LIIT	Volcano
 15:15	16:45	Free Talk in Danish: Stærk Aldring - Hemmelighederne bag Sunde Aldring med Sally Walker	Timanfaya Room
 15:30	17:30	*Horseback Riding	North Reception
 15:30	16:20	Pilates Beginners - Silent Fit	South Conference Rooftop
 15:30	16:50	Padel Social Tournament - all levels, min. 15 years	Padel Court 4
 16:00	17:30	20-25 km road bike tour, 18-20 km/h avg. speed	Bike Centre
 16:00	16:50	Tennis Fitness	Tennis Court 1
 16:00	16:50	HYROX Technique (only for experienced)	Functional Zone
 16:00	16:25	Introduction to the TrackMan Studio	Trackman Studio
 16:00	16:40	SUP Intermediate	Watersports Centre
 16:00	16:50	Table Tennis Tournament	North Hall Court 1
 16:10	16:55	Gymnastic for parent-child 0-3 years	South Hall Court 3
 16:15	16:45	Trampoline Fitness - Silent Fit, min 10 years	The Lawn
 16:15	16:45	Ultimate Legs & Glutes	Volcano
 16:45	17:10	Introduction to Yoga - Silent Fit	South Conference Rooftop
 17:00	18:15	Off-road Run 12km (5.30 min/km)	La Rambla
 17:00	18:50	Social Football min. 15 years	5-a-side
 17:00	17:50	HYROX WOD	Functional Zone

	START	END	ACTIVITY	MEETING POINT
	17:00	17:50	Stretch & Relax	Volcano
	17:05	17:50	Gymnastic for parent-child 3-5 years	South Hall Court 3
	17:15	18:45	Free Talk in English: Age Strong - The Secrets of Healthy Aging w/ Sally Walker	Timanfaya Room
	17:15	18:45	Swim Squad, min. 10 years	South Pool Lane 8
	17:20	18:15	Yoga Flow - Silent Fit	South Conference Rooftop
	18:00	18:50	CrossFit Team WOD (only for experienced)	Crossfit Area
	18:00	18:50	Dance'n'Step with CLS Academy Instructor	Volcano
	18:30	20:20	Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0	Padel Court 1
	19:15	19:45	Aerial Relaxation	Dance Studio
	19:30	20:30	Green Team Bingo	Square

Sunday 4 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
08:00	08:40	Breathe better - live better	Dance Studio
08:00	08:15	Morning Gymnastics	Morning Gym Stage
08:00	08:50	Open Water Morning Swim	Watersports Centre
08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
08:15	09:15	Body Bike Power - Silent Fit	Body Bike Area
09:00	09:50	Tennis Tournament Beginners 10-15 years	Tennis Court 1
09:00	09:40	CrossFit, 10-15 years	Crossfit Area
09:00	09:45	2 Generation Football school, 3-5 years	5-a-side
09:00	11:45	40 km road bike tour, 22-24 km/h avg. speed	Bike Centre
09:00	09:50	Badminton Instruction Beginners	North Hall Court 1
09:00	09:50	Mobility, all levels	Volcano
09:00	09:50	Padel Serve – Intermediate – Level 3.0-4.0	Padel Court 4
09:00	09:50	Pickleball Instruction Beginners	Pickleball Court 1
09:00	10:00	Play Time Kids Club 3-10 years	Playtime
09:00	09:45	Circuit training for seniors	The Lawn
09:00	09:50	Functional Team Workout	Functional Zone
09:00	13:00	*Teguise Market	North Reception
09:15	10:30	Fitness Reformer (with socks!)	Dance Studio
09:15	09:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:30	13:30	*Surf School	North Reception
10:00	10:50	Tennis Advanced	Tennis Court 2
10:00	11:30	Windsurf Instruction Beginners	Watersports Centre
10:00	10:55	BODYPUMP™	Volcano
10:00	10:50	Introduction to CrossFit	Crossfit Area
10:00	10:45	Swimming Intermediate Front Crawl	South Pool Lane 8
10:00	10:50	Pickleball Tournament, all levels	Pickleball Court 1
10:00	11:00	Play Time Kids Club 3-10 years	Playtime
10:00	11:50	Badminton Social Tournament, min. 20 years	North Hall Court 1
10:15	11:00	Padel Beginners 6-10 years	Padel Court 4
10:15	10:45	Trampoline Fitness - Silent Fit, min 10 years	The Lawn
11:00	12:00	Aerial Fitness	Dance Studio
11:00	11:45	Swimming Beginners Front Crawl	South Pool Lane 8
11:00	11:50	CrossFit (only for experienced)	Crossfit Area

START	END	ACTIVITY	MEETING POINT
 11:00	11:50	Pickleball Instruction Intermediate	Pickleball Court 1
 11:00	11:55	Play Time Kids Club 3-10 years	Playtime
 11:00	12:30	Wingfoil, beginners (windsurf experience required)	Watersports Centre
 11:10	12:00	Step Intermediate	Volcano
 11:15	12:00	Padel Beginners 10-15 years	Padel Court 4
 11:20	11:50	Playful Penguins, 5-6 years	Children Pool
 11:30	13:00	Windsurf Instruction Beginners	Watersports Centre
 12:00	12:40	2 Generation Swim	South Pool Lane 8
 12:00	12:30	Playful Penguins, 3-4 years	Children Pool
 12:00	12:50	Padel Intermediate 1 - Level 2.0-3.5	Padel Court 4
 13:00	13:40	Aqua jogging	South Pool Lane 8
 13:00	13:50	Circuit Fusion	Functional Zone
 13:00	14:30	Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0	Padel Court 1
 14:00	14:25	Swimming: Learn Front Crawl, 6-10 years	South Pool Lane 8
 14:00	15:50	Squash Tournament Advanced	Squash Court 1
 14:00	15:45	Beach Volleyball Instruction & Social Tournament, min. 15 years	Beach Volley Court 1
 14:00	15:50	Squash Tournament Beginners	Squash Court 1
 14:00	15:50	Egg Throwing and Bolas Tournament	Beach Volley Court 1
 14:00	14:45	Functional swim workout	North Pool Lane 8
 14:00	15:50	Squash Tournament Intermediate	Squash Court 1
 14:00	15:50	Tennis Women ´s Only Doubles	Tennis Court 1
 14:00	14:55	Windsurf Instruction Refresher	Watersports Centre
 14:15	15:00	Toddlers Time 0-3 years	South Hall Court 3
 14:30	14:55	Swimming: Front Crawl, 10-15 years	South Pool Lane 8
 14:30	16:00	Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0	Padel Court 1
 15:00	15:50	Golf Instruction Beginners	Golf Area
 15:00	16:45	HYROX Endurance	Functional Zone
 15:00	16:00	Introduction to MTB	Bike Centre
 15:00	15:50	Introduction to Powerlifting	Weightlifting area in the Fitness Centre + 15 years
 15:00	15:45	Senior Training - Full body workout	Dance Studio
 15:00	15:55	Surf Fun, 3-10 years	Watersports Centre
 15:00	15:45	Toddlers Time 0-3 years	South Hall Court 3
 15:10	15:55	Swim technique with video	South Pool Lane 8
 15:15	15:45	Ultimate Abs	Volcano
 16:00	16:50	Barefoot Fitness	Volcano
 16:00	16:50	Tennis instruction Beginner 2	Tennis Court 2
 16:00	17:30	Mountain Bike Tour Beginners	Bike Centre

START	END	ACTIVITY	MEETING POINT
 16:00	16:50	CrossFit Conditioning (all levels)	Crossfit Area
 16:00	16:25	Introduction to the TrackMan Studio	Trackman Studio
 16:00	16:50	TRX for Seniors	TRX Area
 16:00	16:45	Young Time: Surf & Beach day, 10-15 years	Watersports Centre
 16:15	17:35	Spikeball (no instructor), min. 15 years	Beach Volley Court 1
 16:15	17:45	Swim Squad, min. 10 years	South Pool Lane 8
 16:15	17:45	Beat the Green Team - Family edition	5-a-side
 16:30	16:55	Introduction to the TrackMan Studio	Trackman Studio
 16:30	17:25	Body Bike Base Camp (beginners) - Silent Fit	Body Bike Area
 17:00	17:50	Introduction to Pickleball, 10-15 years	Pickleball Court 1
 17:00	17:50	Functional Mobility	Crossfit Area
 17:00	17:55	Padel: Beat The Green Team (Advanced) - Level 3.5-5.0	Padel Court 4
 17:00	17:50	Stretch & Relax	Volcano
 17:00	17:50	TRX (all levels)	TRX Area
 20:30	22:00	Live Music at The Square	Square

Monday 5 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
08:00	15:15	*Catamaran Sailing	South Reception
08:00	15:00	*Golf Tour at Costa Teguisse	North Reception
08:00	09:50	Green Team hosted Duathlon with BodyBike	Body Bike Area
08:00	08:15	Morning Gymnastics	Morning Gym Stage
08:00	08:30	Morning meditation	Dance Studio
08:15	12:00	80-90 km road bike tour, 27-29 km/h avg. speed	Bike Centre
08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
09:00	09:50	Football School 5-10 years	1/2 Football Pitch North
09:00	09:50	Tennis Serve Beginners	Tennis Court 2
09:00	09:55	BODYBALANCE™	Volcano
09:00	09:50	Introduction to HYROX	Functional Zone
09:00	09:50	Padel Advanced– Level 4.0-5.0	Padel Court 4
09:00	10:30	Pilates Reformer, all levels (with socks!)	Dance Studio
09:00	10:00	Play Time Kids Club 3-10 years	Playtime
09:00	09:45	Circuit training for seniors	5-a-side
09:00	09:50	TRX (all levels)	TRX Area
09:10	09:55	Swimming Front Crawl Advanced	South Pool Lane 8
09:15	09:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:30	13:30	*Surf School	North Reception
09:30	14:00	*Volcano Walk - Fire Route	North Reception
10:00	10:50	Football School 10-15 years	1/2 Football Pitch North
10:00	10:50	Tennis Serve Advanced	Tennis Court 2
10:00	10:50	Golf Instruction Beginners	Golf Area
10:00	11:30	Windsurf Instruction Beginners	Watersports Centre
10:00	10:55	BODYCOMBAT™	Volcano
10:00	10:50	CrossFit (only for experienced)	Crossfit Area
10:00	10:50	Functional training	Functional Zone
10:00	10:50	Padel Intermediate 2 - Level 3.0-4.0	Padel Court 4
10:00	10:50	Pickleball Tournament, all levels	Pickleball Court 1
10:00	11:00	Play Time Kids Club 3-10 years	Playtime
10:00	10:45	Running Technique	Running Track
10:00	10:50	TRX (only for experienced)	TRX Area
10:10	10:50	Swimming Tumble Turns	South Pool Lane 8

START	END	ACTIVITY	MEETING POINT
 11:00	11:25	Flip 'n' Fun, 6-10 years	South Pool Lane 8
 11:00	11:50	Body toning	Volcano
 11:00	11:50	CrossFit Conditioning (all levels)	Crossfit Area
 11:00	11:50	Golf – Chipping	Golf Area
 11:00	11:50	Pickleball Instruction Intermediate	Pickleball Court 1
 11:00	11:55	Play Time Kids Club 3-10 years	Playtime
 11:00	11:45	Track Session	Running Track
 11:00	12:30	Wingfoil, beginners (windsurf experience required)	Watersports Centre
 11:30	11:55	Flip 'n' Fun, 10-15 years	South Pool Lane 8
 11:30	13:00	Windsurf Instruction Beginners	Watersports Centre
 12:00	13:00	Golf Chipping and Putting Challenge	Golf Area
 12:00	12:55	Hatha Yoga	Volcano
 12:00	12:50	Padel Intermediate - Tactics - Level 3.0-4.0	Padel Court 1
 12:15	12:45	Aerial Relaxation	Dance Studio
 13:00	13:50	Girls Football Social Tournament (no instructor), min. 13 years	5-a-side
 14:00	14:55	Windsurf Instruction Intermediate	Watersports Centre
 14:00	14:45	Intro to Aerial Fitness	Dance Studio
 14:00	14:50	Introduction to Boxing	Functional Zone
 14:00	16:00	Workshop for women: All about Menopause and Thereafter - Is replacing Estrogen the complete solution? w/Sally Walker	Famara Room
 14:15	14:55	Introduction to Fitness Centre - Strength machines	Fitness Centre
 14:15	15:45	Kids vs Parents, min. 6 years	5-a-side
 15:00	15:50	Dance	Volcano
 15:00	15:50	Green Team hosted Aquathlon	North Pool Lane 8
 15:00	15:50	Introduction to Olympic Weightlifting	Weightlifting area in the Fitness Centre + 15 years
 15:00	16:50	Tennis Men's Only Doubles	Tennis Court 1
 15:00	15:45	Stand Up Paddle 10-15 years	Watersports Centre
 15:00	15:55	Table Tennis: Beat the Green Team	North Hall Court 1
 15:15	16:45	Senior Reformer (with socks!)	Dance Studio
 16:00	17:30	20 km gravel bike tour (Experience required)	Bike Centre
 16:00	17:50	Badminton Tournament Advanced	North Hall Court 1
 16:00	17:50	Badminton Tournament Beginners	North Hall Court 1
 16:00	16:50	CrossFit Technique (only for experienced)	Crossfit Area
 16:00	16:50	Circuit Fusion	Functional Zone
 16:00	16:50	Fitball	Volcano
 16:00	16:30	Stand Up Paddle (SUP) for beginners	Watersports Centre
 16:15	17:45	Fun Time: Olympic Day & Diploma ceremony, 3-10 years	Playtime

START	END	ACTIVITY	MEETING POINT
 16:15	17:45	Swim Squad, min. 10 years	South Pool Lane 8
 16:30	17:30	Body Bike Power - Silent Fit	Body Bike Area
 17:00	17:40	Introduction to bouldering, 10-15 years (Collect bouldering shoes from Sports Booking before class)	Bouldering Room
 17:00	17:50	Green Team HYROX WOD	Functional Zone
 17:00	17:50	Stretch & Relax	Volcano
 17:00	17:55	Tennis: Beat the Green Team (advanced)	Tennis Court 1
 18:00	19:50	Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0	Padel Court 1
 20:00	21:00	Green Team Show	Square
 21:30	23:00	Happy Hour & Karaoke	Disco CLS Arena Downstairs

Tuesday 6 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
 08:00	08:15	Morning Gymnastics	Morning Gym Stage
 08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
 08:30	09:30	Body Bike Power - Silent Fit	Body Bike Area
 09:00	09:45	2 Generation TRX, min. 10 years	TRX Area
 09:00	09:45	2 Generation Football school, 3-5 years	1/2 Football Pitch North
 09:00	09:50	Introduction to CrossFit	Crossfit Area
 09:00	09:50	Fascial Training	Volcano
 09:00	09:50	Tennis Fitness	Tennis Court 1
 09:00	09:50	Golf Functional Training	Golf Area
 09:00	09:50	HYROX WOD	Functional Zone
 09:00	10:00	Introduction to road cycling	Bike Centre
 09:00	09:40	Introduction to bouldering, min. 15 years (Collect bouldering shoes from Sports Booking before class)	Bouldering Room
 09:00	09:50	Padel Beginners- Level 1.0-3.0	Padel Court 4
 09:00	10:00	Play Time Kids Club 3-10 years	Playtime
 09:00	09:45	Circuit training for seniors	5-a-side
 09:10	11:40	Green Team hosted Half Marathon, 14k and 7k	La Rambla
 09:10	09:40	Toddlers Water Experience, 12-35 months	Wellness Pool
 09:15	09:55	Kayak Instruction Beginners	Watersports Centre
 09:30	13:30	*Surf School	North Reception
 10:00	11:30	20-25 km road bike tour, 18-20 km/h avg. speed	Bike Centre
 10:00	10:45	Golf, 7-12 years	Golf Area
 10:00	10:30	Baby Swimming in The Wellness Centre, max. 12 months	Wellness Pool
 10:00	11:30	Windsurf Instruction Beginners	Watersports Centre
 10:00	10:45	BODYATTACK™	Volcano
 10:00	10:50	CrossFit Team WOD (only for experienced)	Crossfit Area
 10:00	10:50	Fun Time: Bike Skillz Squad 3-8 years	Laguna
 10:00	10:50	Badminton Instruction Intermediate	North Hall Court 1
 10:00	10:50	Kettlebell training, all levels	Functional Zone
 10:00	11:00	Play Time Kids Club 3-10 years	Playtime
 10:00	11:50	Tennis Social Tournament, min. 15 years	Tennis Court 1
 10:00	10:55	Yoga Flow	5-a-side
 10:15	10:45	Introduction to Slackline	Watersports Centre

START	END	ACTIVITY	MEETING POINT
 11:00	11:45	Golf, 13-17 years	Golf Area
 11:00	11:45	Badminton Instruction Beginners 6-10 years	North Hall Court 1
 11:00	11:25	Swimming: Learn Front Crawl, 6-10 years	South Pool Lane 8
 11:00	11:55	BODYPUMP™	Volcano
 11:00	11:40	Introduction to Dryland Swimming Session	Functional Zone
 11:00	11:50	Padel Serve – Intermediate – Level 3.0-4.0	Padel Court 4
 11:00	11:55	Play Time Kids Club 3-10 years	Playtime
 11:00	11:45	SUP Fitness	Watersports Centre
 11:15	12:00	Intro to Aerial Fitness	Dance Studio
 11:30	11:55	Swimming: Front Crawl, 10-15 years	South Pool Lane 8
 11:30	13:00	Windsurf Instruction Beginners	Watersports Centre
 12:00	12:45	Badminton Instruction Beginners 10-15 years	North Hall Court 1
 12:00	12:50	Padel Intermediate 2 - Level 3.0-4.0	Padel Court 5
 12:00	12:50	Padel Advanced– Level 4.0-5.0	Padel Court 4
 12:15	12:45	Aerial Relaxation	Dance Studio
 13:00	13:40	Breathe better - live better	Dance Studio
 14:00	14:50	Tennis instruction Beginner 1	Tennis Court 2
 14:00	14:55	Windsurf Instruction Intermediate	Watersports Centre
 14:00	15:30	Pilates Reformer, all levels (with socks!)	Dance Studio
 14:00	14:50	Golf - Speed training	Trackman Studio
 14:00	16:00	*Workshop: Optimal Male Aging – Is Testosterone Replacement Therapy the solution? w/ Sally Walker	Famara Room
 14:00	14:45	Swim technique with video	South Pool Lane 8
 14:00	15:30	Wingfoil, intermediate (wing experience required)	Watersports Centre
 14:10	15:00	Pilates, all levels	Volcano
 14:15	15:00	Basic gymnastic, 6-10 years	South Hall Court 3
 14:15	14:45	Deep Water Aerobics	North Pool Lane 1
 15:00	17:45	50-60 km road bike tour, 24-26 km/h avg. speed	Bike Centre
 15:00	16:20	Padel tournament, beginners/intermediate - Level 1.0-3.0	Padel Court 4
 15:00	15:45	Functional swim workout	North Pool Lane 8
 15:00	15:50	Tennis instruction Intermediate	Tennis Court 2
 15:00	15:50	Golf: Longest Drive - only for golf players	Trackman Studio
 15:00	16:50	Racketball tournament, all levels	Squash Court 1
 15:05	15:50	Basic gymnastic, 10-15 years	South Hall Court 3
 15:10	16:00	Barefoot Fitness	Volcano
 15:15	15:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
 15:30	16:30	Introduction to Pump foiling	Watersports Centre
 15:30	20:00	Wine & Tapas Tour	North Reception
 16:00	16:50	CrossFit Conditioning (all levels)	Crossfit Area

START	END	ACTIVITY	MEETING POINT
 16:00	16:50	Circuit Fusion	Functional Zone
 16:00	17:50	Tennis Tournament Intermediate	Tennis Court 1
 16:00	17:50	Beach volleyball tournament (no instructor)	Beach Volley Court 1
 16:00	18:00	9-Hole TrackMan Challenge (no instructor)	Trackman Studio
 16:00	16:40	SUP Intermediate	Watersports Centre
 16:05	16:50	Gymnastic for parent-child 0-3 years	South Hall Court 3
 16:15	17:30	Family pentathlon	1/2 Football Pitch North
   16:15	17:45	Swim Squad, min. 10 years	South Pool Lane 8
 16:15	16:45	Ultimate Abs	Volcano
 16:30	17:50	Padel tournament, intermediate/advanced - Level 3.0-5.0	Padel Court 4
  16:30	17:25	Body Bike Base Camp (beginners) - Silent Fit	Body Bike Area
 17:00	17:45	Gymnastic for parent-child 3-5 years	South Hall Court 3
 17:00	17:50	Functional Mobility	Crossfit Area
 17:00	17:50	Introduction to HYROX	Functional Zone
   17:00	17:50	Stretch & Relax	Volcano
 17:00	17:50	TRX (all levels)	TRX Area
 18:00	18:50	Step Beginners	Volcano
 18:00	18:45	Swimming Open Water Skills in the lagoon	Watersports Centre
 18:00	19:50	Doubles Badminton Tournament (no instructor)	North Hall Court 1
 18:00	19:20	Padel Expert Tournament - Level 5.0+ (no instructor)	Padel Court 1
 18:00	18:45	Body Bike HIIT - Silent Fit	Body Bike Area
 20:00	22:00	Live Music at The Square	Square

Wednesday 7 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
07:30	14:00	*Excursion: La Graciosa tour	North Reception
08:00	10:00	Green Team hosted Triathlon with BodyBike	North Pool Lane 8
08:00	08:15	Morning Gymnastics	Morning Gym Stage
08:00	08:30	Morning meditation	Dance Studio
08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
09:00	11:45	40 km road bike tour, 22-24 km/h avg. speed	Bike Centre
09:00	09:50	Introduction to CrossFit	Crossfit Area
09:00	09:50	Circuit Fusion	Functional Zone
09:00	09:50	Golf Functional Training	Golf Area
09:00	09:50	Introduction to Beach Tennis	Beach Volley Court 1
09:00	09:45	LIIT	Volcano
09:00	09:50	Padel Beginners- Level 1.0-3.0	Padel Court 4
09:00	10:00	Play Time Kids Club 3-10 years	Playtime
09:00	09:45	Circuit training for seniors	5-a-side
09:00	13:30	*Volcano Walk - Wine Route	North Reception
09:15	09:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:30	13:30	*Surf School	North Reception
10:00	11:50	Social Beach Tennis Tournament, min. 20 years	Beach Volley Court 1
10:00	11:30	Windsurf Instruction Beg. 10-15 years	Watersports Centre
10:00	10:50	CrossFit (only for experienced)	Crossfit Area
10:00	10:50	Dance	Volcano
10:00	10:50	Functional training	Functional Zone
10:00	11:20	Badminton Tournament Intermediate	North Hall Court 1
10:00	10:50	Pilates, all levels	5-a-side
10:00	11:00	Play Time Kids Club 3-10 years	Playtime
10:00	11:20	Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0	Padel Court 1
10:00	10:50	Tennis Instruction for Seniors	Tennis Court 2
10:00	10:45	Track Session	Running Track
10:00	11:50	Golf - Wedging	Trackman Studio
10:10	10:50	Swimming: Introduction to Front Crawl	South Pool Lane 8
11:00	12:00	Aerial Fitness	Dance Studio
11:00	11:45	2 Generation HYROX, min. 10 years	Functional Zone

START	END	ACTIVITY	MEETING POINT
 11:00	11:50	Tennis Doubles Tactics	Tennis Court 2
 11:00	11:55	Play Time Kids Club 3-10 years	Playtime
 11:00	11:30	Ultimate Legs & Glutes	Volcano
 11:00	11:55	Yoga Flow	5-a-side
 11:10	11:50	Swimming Breaststroke for adults	South Pool Lane 8
 11:30	12:50	Badminton Tournament 10-15 years	North Hall Court 1
 11:30	13:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
 11:30	12:50	Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0	Padel Court 1
 12:00	12:40	Aqua jogging	South Pool Lane 8
 12:00	13:00	Individual rehearsal, min. 5 years – Children and Guest show	Square
 12:15	12:45	Aerial Relaxation	Dance Studio
 13:15	15:15	Walk the talk (social walk)	Verol Room
 14:00	14:25	Swimming: Learn Breaststroke, 6-10 years	South Pool Lane 8
 14:00	14:50	Body toning	Volcano
 14:00	14:50	Fitness Boxing	Functional Zone
 14:00	15:50	Golf - How to hit your woods	Trackman Studio
 14:00	15:00	Kayak Race	Watersports Centre
 14:00	14:45	Senior Training - Full body workout	Dance Studio
 14:00	15:00	Stand Up Paddle Race	Watersports Centre
 14:30	14:55	Swimming: Breaststroke, 10-15 years	South Pool Lane 8
 15:00	15:45	Padel Beginners 10-15 years	Padel Court 4
 15:00	15:50	Tennis instruction Beginner 2	Tennis Court 2
 15:00	15:55	BODYBALANCE™	Volcano
 15:00	17:45	Mountain Bike Tour Intermediate (Experience required)	Bike Centre
 15:00	15:50	TRX (only for experienced)	TRX Area
 15:00	16:00	Windsurf Race Beginners	Watersports Centre
 15:00	16:30	Wingfoil, beginners (windsurf experience required)	Watersports Centre
 15:15	15:45	Fun Time: Rehearsal for Children & Guest show, 3-14 years	Square
 15:15	15:55	Introduction to Fitness Centre - Strength machines	Fitness Centre
 16:00	16:45	Padel Beginners 6-10 years	Padel Court 4
 16:00	17:50	Beach Volley Tournament	Beach Volley Court 1
 16:00	17:50	Tennis Tournament Beginners	Tennis Court 1
 16:00	16:50	Introduction to HYROX	Functional Zone
 16:00	16:40	Introduction to bouldering, min. 15 years (Collect bouldering shoes from Sports Booking before class)	Bouldering Room
 16:00	16:50	TRX (all levels)	TRX Area
 16:00	17:00	Windsurf Race Advanced	Watersports Centre

START	END	ACTIVITY	MEETING POINT
 16:05	16:55	Fitball	Volcano
 16:10	16:50	HIIT Swimming, min. 15 years	South Pool Lane 8
 16:15	17:45	Jungle run for families (min. 5 years)	La Rambla
 16:30	17:25	Body Bike Base Camp (beginners) - Silent Fit	Body Bike Area
 17:00	17:50	HYROX WOD	Functional Zone
 17:00	17:50	Padel Advanced- Level 4.0-5.0	Padel Court 4
 17:00	17:50	Stretch & Relax	Volcano
 17:00	19:00	Social Minigolf for teens (no instructor)	Minigolf
 17:10	18:00	7.5km off road hill run (5:15 min/km pace)	La Rambla
 17:15	17:45	Trampoline Fitness - Silent Fit, min 10 years	The Lawn
 17:15	18:45	Swim Squad, min. 10 years	South Pool Lane 8
 17:45	18:25	Body Bike HIIT - Silent Fit	Body Bike Area
 18:00	18:50	CrossFit Conditioning (all levels)	Crossfit Area
 18:00	19:50	Social Double Badminton tournament (no instructor)	North Hall Court 1
 18:00	19:50	Padel tournament, intermediate/advanced (no instructor) - Level 3.0 - 5.0	Padel Court 1
 18:00	18:50	Pickleball Tournament (no instructor)	Pickleball Court 1
 19:00	19:45	Children & Guest Show	Square
 21:30	23:00	Happy Hour & Karaoke	Disco CLS Arena Downstairs

Thursday 8 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
 08:00	08:15	Morning Gymnastics	Morning Gym Stage
 08:00	08:50	Open Water Morning Swim	Watersports Centre
 08:15	09:15	Morningrun Offroad 8km (5min./km or 5:45min/km)	La Rambla
 08:15	09:30	Fitness Reformer (with socks!)	Dance Studio
 08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
 08:15	09:15	Body Bike Power - Silent Fit	Body Bike Area
 08:45	11:00	Green Team HYROX race simulation (must be able to run)	Functional Zone
 09:00	09:45	Tennis Instruction Beginners 10-15 year	Tennis Court 2
 09:00	11:45	50-60 km road bike tour, 24-26 km/h avg. speed	Bike Centre
 09:00	09:50	Golf – Chipping	Golf Area
 09:00	09:50	Mobility, all levels	Volcano
 09:00	09:50	Padel Beginners– Level 1.0-3.0	Padel Court 4
 09:00	10:00	Play Time Kids Club 3-10 years	Playtime
 09:00	09:45	Circuit training for seniors	5-a-side
 09:15	09:55	Kayak Instruction Beginners	Watersports Centre
 09:30	13:30	*Surf School	North Reception
 10:00	11:30	Windsurf Instruction Beginners	Watersports Centre
 10:00	10:55	BODYPUMP™	Volcano
 10:00	10:50	CrossFit Technique (only for experienced)	Crossfit Area
 10:00	10:45	Swimming Intermediate Front Crawl	South Pool Lane 8
 10:00	10:50	Padel Intermediate - Tactics - Level 3.0-4.0	Padel Court 4
 10:00	11:00	Play Time Kids Club 3-10 years	Playtime
 10:00	10:50	Golf – Putting	Golf Area
 10:00	10:50	Table Tennis Tournament	North Hall Court 1
 10:15	10:45	Introduction to Slackline	Watersports Centre
 10:30	11:30	Introduction to Pump foiling	Watersports Centre
 11:00	11:50	Table Tennis Tournament, 10-15 years	North Hall Court 1
 11:00	12:50	Tennis Tournament Advanced	Tennis Court 1
 11:00	11:45	Swimming Beginners Front Crawl	South Pool Lane 8
 11:00	11:50	Introduction to CrossFit	Crossfit Area
 11:00	11:55	Play Time Kids Club 3-10 years	Playtime
 11:00	12:00	Golf Putting Competition	Golf Area
 11:00	11:45	SUP Fitness	Watersports Centre

START	END	ACTIVITY	MEETING POINT
 11:00	11:50	Functional Team Workout	Functional Zone
 11:00	12:30	Wingfoil, beginners (windsurf experience required)	Watersports Centre
 11:05	12:00	BODYCOMBAT™	Volcano
 11:20	11:50	Playful Penguins, 5-6 years	Children Pool
 11:30	13:00	Windsurf Instruction Beginners	Watersports Centre
 12:00	12:30	Playful Penguins, 3-4 years	Children Pool
 12:00	12:45	Intro to Aerial Fitness	Dance Studio
 12:00	13:50	Basketball tournament/game (no instructor)	3x3 Basketball
 12:10	13:00	Pilates, all levels	Volcano
 13:10	13:50	Breathe better - live better	Dance Studio
 14:00	14:25	Flip ´n´ Fun, 6-10 years	South Pool Lane 8
 14:00	14:50	Tennis Advanced	Tennis Court 2
 14:00	14:55	Windsurf Instruction Advanced	Watersports Centre
 14:00	14:50	Golf Instruction Beginners	Golf Area
 14:00	14:45	Boxing Intermediate	Functional Zone
 14:00	15:00	Pelvic Floor Workshop	Dance Studio
 14:00	15:20	Padel Social Tournament - all levels, min. 20 years	Padel Court 4
 14:30	14:55	Flip ´n´ Fun, 10-15 years	South Pool Lane 8
 15:00	16:00	Introduction to MTB	Bike Centre
 15:00	15:50	Introduction to Powerlifting	Weightlifting area in the Fitness Centre + 15 years
 15:00	15:50	Pickleball: Beat the Green Team	Pickleball Court 1
 15:00	16:50	Football Social Tournament (no instructor)	5-a-side
 15:00	15:50	Golf - Speed training	Trackman Studio
 15:00	16:30	Wingfoil, intermediate (wing experience required)	Watersports Centre
 15:15	16:00	2 Generation SUP instruction, min. 6 years	Watersports Centre
 15:15	15:45	Deep Water Aerobics	North Pool Lane 1
 15:15	16:00	Fun Time: Family Ball Games, 3-5 years	South Hall Court 1
 15:30	16:00	HIIT	Volcano
 15:30	17:00	Yoga Flow - Silent Fit	South Conference Rooftop
 15:30	16:50	Padel Social Tournament - all levels, min. 15 years	Padel Court 4
 16:00	17:30	Mountain Bike Tour Beginners	Bike Centre
 16:00	16:50	CrossFit Conditioning (all levels)	Crossfit Area
 16:00	16:50	Pickleball Instruction Beginners	Pickleball Court 1
 16:00	16:45	TRX for Seniors	TRX Area
 16:15	16:55	Aqua jogging	South Pool Lane 8
 16:15	17:00	Fun Time: Ball Games 6-10 years	South Hall Court 1
 16:15	16:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
 16:15	16:45	Ultimate Abs	Volcano

START	END	ACTIVITY	MEETING POINT
 17:00	17:45	Two Generations Tennis Instruction	Tennis Court 2
 17:00	17:50	Introduction to HYROX	Functional Zone
 17:00	17:50	Beach Tennis Tournament (no instructor), all levels	Beach Volley Court 1
 17:00	17:50	Stretch & Relax	Volcano
 17:00	17:50	TRX (all levels)	TRX Area
 17:00	17:50	Young Time: Ball Games, 10-15 years	South Hall Court 1
 17:15	18:45	Swim Squad, min. 10 years	South Pool Lane 8
 18:00	18:50	Step Intermediate	Volcano
 18:15	19:45	FIFA Tournament, min. 10 years	Playtime
 20:00	22:00	Live Music at The Square	Square

Friday 9 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
08:00	08:15	Morning Gymnastics	Morning Gym Stage
08:15	09:45	Pilates Reformer, all levels (with socks!)	Dance Studio
08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
09:00	11:45	40 km road bike tour, 22-24 km/h avg. speed	Bike Centre
09:00	09:55	BODYBALANCE™	Volcano
09:00	09:50	Tennis Fitness	Tennis Court 1
09:00	09:45	Introduction to HYROX	Functional Zone
09:00	09:50	Padel Beginners– Level 1.0-3.0	Padel Court 4
09:00	10:00	Play Time Kids Club 3-10 years	Playtime
09:00	09:45	Circuit training for seniors	5-a-side
09:00	09:50	TRX (all levels)	TRX Area
09:10	09:55	Swimming Front Crawl Advanced	South Pool Lane 8
09:15	09:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:15	09:45	Toddlers Water Experience, 12-35 months	Wellness Pool
09:30	13:30	*Surf School	North Reception
09:45	10:15	Bus transfer to the Airport (Billund)	North Reception
10:00	10:50	Golf Instruction Beginners	Golf Area
10:00	11:30	Windsurf Instruction Beginners	Watersports Centre
10:00	10:55	BODYPUMP™	Volcano
10:00	10:50	Circuit Fusion	Functional Zone
10:00	10:50	Tennis instruction Intermediate	Tennis Court 2
10:00	10:50	Pilates, all levels	5-a-side
10:00	11:00	Play Time Kids Club 3-10 years	Playtime
10:10	10:50	Swimming Tumble Turns	South Pool Lane 8
10:15	11:45	Wingfoil, beginners (windsurf experience required)	Watersports Centre
11:00	11:40	Aqua jogging	South Pool Lane 8
11:00	11:50	Tennis instruction Beginner 1	Tennis Court 2
11:00	12:50	Golf - How to hit your woods	Trackman Studio
11:00	11:55	Play Time Kids Club 3-10 years	Playtime
11:15	12:00	Intro to Aerial Fitness	Dance Studio
11:15	11:45	Ultimate Abs	Volcano
11:30	13:00	Windsurf Instruction Beginners	Watersports Centre
11:45	12:15	Bus transfer to the Airport (Copenhagen)	North Reception

START	END	ACTIVITY	MEETING POINT
 12:15	12:45	Aerial Relaxation	Dance Studio
 14:00	15:50	Golf - Calibrate your irons	Trackman Studio
 14:00	14:55	Windsurf Instruction Refresher	Watersports Centre
 15:00	16:30	Windsurf Instruction Beg. 10-15 years	Watersports Centre
 15:00	15:50	Fun Time: Creative Day, 3-5 years	Playtime
 15:00	15:55	Hatha Yoga	Volcano
 15:00	15:50	Padel Intermediate 1 - Level 2.0-3.5	Padel Court 4
 15:15	15:45	Deep Water Aerobics	North Pool Lane 1
 16:00	17:30	Hill Reps - Road Bike	Bike Centre
 16:00	16:50	Body toning	Volcano
 16:00	16:50	Golf: Bunker lesson	Golf Area
 16:00	17:50	Family Mini-Tennis Tournament, min. 6 years	North Hall Court 1
 16:00	16:50	Fun Time: Creative Day, 6-10 years	Playtime
 17:00	17:50	Functional Mobility	Crossfit Area
 17:00	17:50	Functional training	Functional Zone
 17:00	18:30	Information tour in Danish	Sports Booking
 17:00	17:50	Stretch & Relax	Volcano
 17:15	18:45	Swim Squad, min. 10 years	South Pool Lane 8
 17:30	18:30	Body Bike Power - Silent Fit	Body Bike Area
 18:00	18:50	CrossFit Conditioning (all levels)	Crossfit Area
 18:00	19:50	Social Indoor Volley Tournament	North Hall Court 1
 18:30	20:20	Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0	Padel Court 1
 19:00	20:20	Crazy golf tournament (no instructor)	Minigolf

Saturday 10 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
08:00	08:15	Morning Gymnastics	Morning Gym Stage
08:00	08:30	Morning meditation	Dance Studio
08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
08:15	09:15	Body Bike Power - Silent Fit	Body Bike Area
09:00	09:45	Tennis Instruction Beginners 10-15 year	Tennis Court 2
09:00	09:50	Football School 5-10 years	1/2 Football Pitch North
09:00	12:45	65-75 km road bike tour, 24-26 km/h avg. speed	Bike Centre
09:00	09:50	Introduction to CrossFit	Crossfit Area
09:00	09:50	Fascial Training	Volcano
09:00	09:50	Pickleball Instruction Beginners	Pickleball Court 1
09:00	10:00	Play Time Kids Club 3-10 years	Playtime
09:00	11:00	9-Hole TrackMan Challenge (no instructor)	Trackman Studio
09:00	09:45	Circuit training for seniors	5-a-side
09:00	09:50	TRX (all levels)	TRX Area
09:15	10:45	Pilates Reformer, all levels (with socks!)	Dance Studio
09:15	09:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:15	09:45	Toddlers Water Experience, 12-35 months	Wellness Pool
09:30	13:30	*Surf School	North Reception
10:00	10:50	Football School 10-15 years	1/2 Football Pitch North
10:00	10:45	Tennis Instruction Beginners 6-10 years	Tennis Court 2
10:00	11:30	Windsurf Instruction Beg. 10-15 years	Watersports Centre
10:00	10:45	BODYATTACK™	Volcano
10:00	10:50	CrossFit Conditioning (all levels)	Crossfit Area
10:00	10:50	Kettlebell training, all levels	Functional Zone
10:00	10:50	Padel Beginners– Level 1.0-3.0	Padel Court 4
10:00	11:00	Play Time Kids Club 3-10 years	Playtime
10:00	10:45	SUP Fitness	Watersports Centre
10:10	10:50	Swimming Backstroke for adults	South Pool Lane 8
10:15	12:15	Walk the talk (social walk)	Verol Room
11:00	11:40	Basic Swim Steps, 6-10 years	South Pool Lane 8
11:00	11:50	Table Tennis Instruction, beginners, 6-15 years	North Hall Court 1
11:00	11:50	Functional training	Functional Zone
11:00	11:50	Padel Intermediate 2 - Level 3.0-4.0	Padel Court 4

	START	END	ACTIVITY	MEETING POINT
	11:00	11:55	Play Time Kids Club 3-10 years	Playtime
	11:00	12:50	Tennis Social Tournament, min. 15 years	Tennis Court 1
	11:00	11:50	T-BOW®	Volcano
	11:15	12:00	Intro to Aerial Fitness	Dance Studio
	11:15	12:00	Young Time: Splash! Water games, 10-15 years	Leisure Pool
	11:30	13:00	Windsurf Instruction Beg. 10-15 years	Watersports Centre
	12:00	12:50	Table Tennis Tournament, 10-15 years	North Hall Court 1
	12:15	12:45	Aerial Relaxation	Dance Studio
	14:00	14:25	Flip ´n´ Fun, 6-10 years	South Pool Lane 8
	14:00	15:20	Padel Social Tournament - all levels, min. 20 years	Padel Court 4
	14:15	14:55	Kayak instruction, 10-15 years	Watersports Centre
	14:15	15:00	Basic gymnastic, 6-10 years	South Hall Court 3
	14:15	14:45	Deep Water Aerobics	North Pool Lane 1
	14:15	15:00	Fun Time: Treasure Hunt, 3-5 years	Playtime
	14:15	14:55	Introduction to Fitness Centre - Strength machines	Fitness Centre
	14:30	14:55	Flip ´n´ Fun, 10-15 years	South Pool Lane 8
	15:00	15:55	Windsurf Instruction Intermediate	Watersports Centre
	15:00	15:50	Introduction to Olympic Weightlifting	Weightlifting area in the Fitness Centre + 15 years
	15:00	16:00	Introduction to road cycling	Bike Centre
	15:00	15:45	Swimming: Introduction to Front Crawl	South Pool Lane 8
	15:00	16:50	Basketball tournament/game (no instructor)	3x3 Basketball
	15:00	15:50	Table Tennis Instruction, beginners, min. 15 years	North Hall Court 1
	15:00	16:30	Wingfoil, beginners (windsurf experience required)	Watersports Centre
	15:05	15:50	Basic gymnastic, 10-15 years	South Hall Court 3
	15:15	16:00	Fun Time: Treasure Hunt, 6-8 years	Playtime
	15:15	16:00	LIIT	Volcano
	15:15	16:45	Free Talk in Danish: Stærk Aldring - Hemmelighederne bag Sunde Aldring med Sally Walker	Timanfaya Room
	15:30	17:30	*Horseback Riding	North Reception
	15:30	16:20	Pilates Beginners - Silent Fit	South Conference Rooftop
	15:30	16:50	Padel Social Tournament - all levels, min. 15 years	Padel Court 4
	16:00	17:30	20-25 km road bike tour, 18-20 km/h avg. speed	Bike Centre
	16:00	16:50	Tennis Fitness	Tennis Court 1
	16:00	16:50	HYROX Technique (only for experienced)	Functional Zone
	16:00	16:25	Introduction to the TrackMan Studio	Trackman Studio
	16:00	16:40	SUP Intermediate	Watersports Centre
	16:00	16:50	Table Tennis Tournament	North Hall Court 1

START	END	ACTIVITY	MEETING POINT
 16:05	16:50	Gymnastic for parent-child 0-3 years	South Hall Court 3
 16:15	17:00	Fun Time: Treasure Hunt, 8-10 years	Playtime
 16:15	16:45	Trampoline Fitness - Silent Fit, min 10 years	The Lawn
 16:15	16:45	Ultimate Legs & Glutes	Volcano
 16:30	16:55	Introduction to the TrackMan Studio	Trackman Studio
 16:45	17:10	Introduction to Yoga - Silent Fit	South Conference Rooftop
 17:00	18:15	Off-road Run 12km (5.30 min/km)	La Rambla
 17:00	17:45	2 Generation TRX, min. 10 years	TRX Area
 17:00	17:45	Gymnastic for parent-child 3-5 years	South Hall Court 3
 17:00	18:50	Social Football min. 15 years	5-a-side
 17:00	17:50	HYROX WOD	Functional Zone
 17:00	18:00	Golf Putting Competition	Golf Area
 17:00	17:50	Stretch & Relax	Volcano
 17:05	17:50	Lifeguard Bootcamp, 10-15 years	Watersports Centre
 17:15	18:45	Free Talk in English: Age Strong - The Secrets of Healthy Aging w/ Sally Walker	Timanfaya Room
 17:15	18:45	Swim Squad, min. 10 years	South Pool Lane 8
 17:30	18:15	Yoga Flow - Silent Fit	South Conference Rooftop
 18:00	18:50	CrossFit Team WOD (only for experienced)	Crossfit Area
 18:00	18:50	Dance'n'Step with CLS Academy Instructor	Volcano
 18:30	20:20	Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0	Padel Court 1
 19:15	19:45	Aerial Relaxation	Dance Studio
 19:30	20:30	Green Team Bingo	Square

Sunday 11 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
08:00	08:40	Breathe better - live better	Dance Studio
08:00	08:15	Morning Gymnastics	Morning Gym Stage
08:00	08:50	Open Water Morning Swim	Watersports Centre
08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
08:15	09:15	Body Bike Power - Silent Fit	Body Bike Area
09:00	10:50	Tennis Tournament Beginners 10-15 years	Tennis Court 1
09:00	09:40	CrossFit, 10-15 years	Crossfit Area
09:00	11:45	40 km road bike tour, 22-24 km/h avg. speed	Bike Centre
09:00	10:20	Football Tournament 5-10 years	1/2 Football Pitch North
09:00	10:45	HYROX Endurance	Functional Zone
09:00	09:50	Mobility, all levels	Volcano
09:00	09:50	Padel Serve – Intermediate – Level 3.0-4.0	Padel Court 4
09:00	09:50	Pickleball Instruction Beginners	Pickleball Court 1
09:00	10:00	Play Time Kids Club 3-10 years	Playtime
09:00	09:45	Circuit training for seniors	5-a-side
09:00	13:00	*Teguise Market	North Reception
09:15	10:30	Fitness Reformer (with socks!)	Dance Studio
09:15	09:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
09:30	13:30	*Surf School	North Reception
10:00	11:30	Windsurf Instruction Beginners	Watersports Centre
10:00	10:55	BODYPUMP™	Volcano
10:00	10:50	Introduction to CrossFit	Crossfit Area
10:00	10:45	Swimming Intermediate Front Crawl	South Pool Lane 8
10:00	10:50	Pickleball Tournament, all levels	Pickleball Court 1
10:00	11:00	Play Time Kids Club 3-10 years	Playtime
10:00	11:50	Badminton Social Tournament, min. 20 years	North Hall Court 1
10:15	11:00	Padel Beginners 6-10 years	Padel Court 4
10:15	10:45	Trampoline Fitness - Silent Fit, min 10 years	The Lawn
10:30	11:50	Football Tournament 10-15 years	1/2 Football Pitch North
11:00	11:50	Tennis Advanced	Tennis Court 2
11:00	12:00	Aerial Fitness	Dance Studio
11:00	11:45	Swimming Beginners Front Crawl	South Pool Lane 8
11:00	11:50	CrossFit (only for experienced)	Crossfit Area

	START	END	ACTIVITY	MEETING POINT
	11:00	11:50	Functional training	Functional Zone
	11:00	11:50	Pickleball Instruction Intermediate	Pickleball Court 1
	11:00	11:55	Play Time Kids Club 3-10 years	Playtime
	11:10	12:00	Step Intermediate	Volcano
	11:15	12:00	Padel Beginners 10-15 years	Padel Court 4
	11:15	11:45	Dance, 6-10 years	Laguna
	11:20	11:50	Playful Penguins, 5-6 years	Children Pool
	11:30	13:00	Windsurf Instruction Beginners	Watersports Centre
	12:00	12:50	Padel Tournament, 10-15 years	Padel Court 4
	12:00	12:40	2 Generation Swim	South Pool Lane 8
	12:00	12:30	Playful Penguins, 3-4 years	Children Pool
	12:00	12:50	Tennis instruction Beginner 2	Tennis Court 2
	12:15	12:45	Aerial Relaxation	Dance Studio
	13:00	13:40	Aqua jogging	South Pool Lane 8
	13:00	14:20	Padel Social Tournament - all levels, min. 20 years	Padel Court 4
	14:00	14:25	Swimming: Learn Front Crawl, 6-10 years	South Pool Lane 8
	14:00	15:50	Squash Tournament Advanced	Squash Court 1
	14:00	15:45	Beach Volleyball Instruction & Social Tournament, min. 15 years	Beach Volley Court 1
	14:00	15:50	Squash Tournament Beginners	Squash Court 1
	14:00	15:50	Egg Throwing and Bolas Tournament	Beach Volley Court 1
	14:00	14:45	Functional swim workout	North Pool Lane 8
	14:00	15:50	Tennis Women ´s Only Doubles	Tennis Court 1
	14:00	14:55	Windsurf Instruction Refresher	Watersports Centre
	14:15	15:00	Toddlers Time 0-3 years	South Hall Court 3
	14:30	14:55	Swimming: Front Crawl, 10-15 years	South Pool Lane 8
	14:30	15:50	Padel Social Tournament - all levels, min. 15 years	Padel Court 4
	15:00	15:50	Golf Instruction Beginners	Golf Area
	15:00	15:50	Fitness Boxing	Functional Zone
	15:00	16:00	Introduction to MTB	Bike Centre
	15:00	15:50	Introduction to Powerlifting	Weightlifting area in the Fitness Centre + 15 years
	15:00	15:45	Senior Training - Full body workout	Dance Studio
	15:00	15:55	Surf Fun, 3-10 years	Watersports Centre
	15:00	15:45	Toddlers Time 0-3 years	South Hall Court 3
	15:10	15:55	Swim technique with video	South Pool Lane 8
	15:15	15:45	Ultimate Abs	Volcano
	16:00	16:45	Tennis Instruction Intermediate 10-15 years	Tennis Court 2
	16:00	16:50	Barefoot Fitness	Volcano
	16:00	17:30	Mountain Bike Tour Beginners	Bike Centre

START	END	ACTIVITY	MEETING POINT
 16:00	16:50	CrossFit Conditioning (all levels)	Crossfit Area
 16:00	16:25	Introduction to the TrackMan Studio	Trackman Studio
 16:00	16:50	TRX for Seniors	TRX Area
 16:00	17:20	Spikeball, min. 15 years	Beach Volley Court 1
 16:00	16:50	Functional Team Workout	Functional Zone
 16:00	16:45	Young Time: Surf & Beach day, 10-15 years	Watersports Centre
   16:15	17:45	Swim Squad, min. 10 years	South Pool Lane 8
 16:15	17:45	Beat the Green Team - Family edition	5-a-side
 16:30	16:55	Introduction to the TrackMan Studio	Trackman Studio
  17:00	17:50	Introduction to Pickleball, 10-15 years	Pickleball Court 1
 17:00	17:50	Golf – Chipping	Golf Area
 17:00	17:50	Circuit Fusion	Functional Zone
 17:00	17:50	Functional Mobility	Crossfit Area
 17:00	17:55	Padel: Beat The Green Team (Advanced) - Level 3.5-5.0	Padel Court 4
   17:00	17:50	Stretch & Relax	Volcano
 17:00	17:50	TRX (all levels)	TRX Area
   17:30	18:25	Body Bike Base Camp (beginners) - Silent Fit	Body Bike Area
 20:30	22:00	Live Music at The Square	Square

Monday 12 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
 08:00	15:00	*Golf Tour at Costa Teguse	North Reception
 08:00	09:50	Green Team hosted Duathlon with BodyBike	Body Bike Area
 08:00	08:15	Morning Gymnastics	Morning Gym Stage
 08:00	08:30	Morning meditation	Dance Studio
 08:15	12:00	80-90 km road bike tour, 27-29 km/h avg. speed	Bike Centre
 08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
 09:00	09:30	Introduction to bouldering, 10-15 years (Collect bouldering shoes from Sports Booking before class)	Bouldering Room
 09:00	09:50	Football School 5-10 years	1/2 Football Pitch North
 09:00	09:50	Tennis Serve Beginners	Tennis Court 2
 09:00	09:55	BODYBALANCE™	Volcano
 09:00	09:50	Introduction to HYROX	Functional Zone
 09:00	09:50	Padel Advanced– Level 4.0-5.0	Padel Court 4
 09:00	10:30	Pilates Reformer, all levels (with socks!)	Dance Studio
 09:00	10:00	Play Time Kids Club 3-10 years	Playtime
 09:00	09:45	Circuit training for seniors	5-a-side
 09:00	09:50	TRX (all levels)	TRX Area
 09:10	09:55	Swimming Front Crawl Advanced	South Pool Lane 8
 09:15	09:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
 09:30	13:30	*Surf School	North Reception
 09:30	14:00	*Volcano Walk - Fire Route	North Reception
 10:00	10:50	Football School 10-15 years	1/2 Football Pitch North
 10:00	10:50	Tennis Serve Advanced	Tennis Court 2
 10:00	10:50	Golf Instruction Beginners	Golf Area
 10:00	11:30	Windsurf Instruction Beginners	Watersports Centre
 10:00	10:55	BODYCOMBAT™	Volcano
 10:00	10:50	CrossFit (only for experienced)	Crossfit Area
 10:00	10:50	Fitness Handball, min 15 years	South Hall Court 1
 10:00	10:50	Functional training	Functional Zone
 10:00	10:50	Padel Intermediate 2 - Level 3.0-4.0	Padel Court 4
 10:00	10:50	Pickleball Tournament, all levels	Pickleball Court 1
 10:00	11:00	Play Time Kids Club 3-10 years	Playtime
 10:00	10:45	Running Technique	Running Track
 10:00	10:50	TRX (only for experienced)	TRX Area

START	END	ACTIVITY	MEETING POINT
 10:10	10:50	Swimming Tumble Turns	South Pool Lane 8
 11:00	11:25	Flip 'n' Fun, 6-10 years	South Pool Lane 8
 11:00	11:50	Body toning	Volcano
 11:00	11:50	CrossFit Conditioning (all levels)	Crossfit Area
 11:00	11:50	Golf – Chipping	Golf Area
 11:00	11:50	Family Fitness Handball, min. 10 years	South Hall Court 1
 11:00	11:40	HYROX Teens, 10-15 years	Functional Zone
 11:00	11:55	Play Time Kids Club 3-10 years	Playtime
 11:00	11:55	Table Tennis: Beat the Green Team	North Hall Court 1
 11:00	11:45	Track Session	Running Track
 11:30	11:55	Flip 'n' Fun, 10-15 years	South Pool Lane 8
 11:30	13:00	Windsurf Instruction Beginners	Watersports Centre
 12:00	12:45	Padel Beginners 10-15 years	Padel Court 4
 12:00	13:00	Golf Chipping and Putting Challenge	Golf Area
 12:00	12:55	Hatha Yoga	Volcano
 12:15	12:55	Aqua jogging	South Pool Lane 8
 13:00	13:50	Girls Football Social Tournament (no instructor), min. 13 years	5-a-side
 13:15	13:45	Aerial Relaxation	Dance Studio
 14:00	14:45	2-Generation Aerial, min. 10 years	Dance Studio
 14:00	15:55	Badminton Tournament Advanced	North Hall Court 1
 14:00	15:55	Badminton Tournament Beginners	North Hall Court 1
 14:00	14:55	Windsurf Instruction Intermediate	Watersports Centre
 14:00	14:50	Introduction to Boxing	Functional Zone
 14:00	16:00	Workshop for women: All about Menopause and Thereafter - Is replacing Estrogen the complete solution? w/Sally Walker	Famara Room
 14:15	14:55	Introduction to Fitness Centre - Strength machines	Fitness Centre
 14:15	15:45	Kids vs Parents, min. 6 years	5-a-side
 15:00	15:50	Dance	Volcano
 15:00	15:30	Green Team hosted Family Aquathlon	North Pool Lane 8
 15:00	15:50	Introduction to Olympic Weightlifting	Weightlifting area in the Fitness Centre + 15 years
 15:00	16:50	Tennis Men 's Only Doubles	Tennis Court 1
 15:00	15:45	Stand Up Paddle 10-15 years	Watersports Centre
 15:15	16:45	Senior Reformer (with socks!)	Dance Studio
 16:00	17:30	20 km gravel bike tour (Experience required)	Bike Centre
 16:00	16:45	Two Generations Padel Instruction	Padel Court 4
 16:00	16:50	CrossFit Technique (only for experienced)	Crossfit Area
 16:00	16:50	Circuit Fusion	Functional Zone

START	END	ACTIVITY	MEETING POINT
 16:00	16:50	Fitball	Volcano
 16:00	16:50	Pickleball Instruction Intermediate	Pickleball Court 1
 16:00	16:30	Stand Up Paddle (SUP) for beginners	Watersports Centre
 16:15	17:45	Fun Time: Olympic Day & Diploma ceremony, 3-10 years	Playtime
 16:15	17:45	Swim Squad, min. 10 years	South Pool Lane 8
 16:30	17:30	Body Bike Power - Silent Fit	Body Bike Area
 17:00	17:50	Green Team hosted Aquathlon	North Pool Lane 8
 17:00	17:50	Green Team HYROX WOD	Functional Zone
 17:00	17:50	Stretch & Relax	Volcano
 17:00	17:55	Tennis: Beat the Green Team (advanced)	Tennis Court 1
 18:00	19:50	Padel tournament, beginner/intermediate (no instructor) - Level 1.0 - 3.0	Padel Court 1
 20:00	21:00	Green Team Show	Square
 21:30	23:00	Happy Hour & Karaoke	Disco CLS Arena Downstairs

Tuesday 13 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

START	END	ACTIVITY	MEETING POINT
08:00	08:15	Morning Gymnastics	Morning Gym Stage
08:15	08:45	Morningrun or Walk 2-5 km	La Rambla
08:30	09:30	Body Bike Power - Silent Fit	Body Bike Area
09:00	09:45	2 Generation TRX, min. 10 years	TRX Area
09:00	09:45	2 Generation Football school, 3-5 years	1/2 Football Pitch North
09:00	09:50	Barefoot Fitness	Volcano
09:00	09:50	Introduction to CrossFit	Crossfit Area
09:00	09:50	Circuit Fusion	Functional Zone
09:00	09:50	Tennis Fitness	Tennis Court 1
09:00	09:50	Golf Functional Training	Golf Area
09:00	10:00	Introduction to road cycling	Bike Centre
09:00	09:40	Introduction to bouldering, min. 15 years (Collect bouldering shoes from Sports Booking before class)	Bouldering Room
09:00	09:50	Padel Serve – Intermediate – Level 3.0-4.0	Padel Court 4
09:00	10:00	Play Time Kids Club 3-10 years	Playtime
09:00	09:45	Circuit training for seniors	5-a-side
09:10	11:40	Green Team hosted Half Marathon, 14k and 7k	La Rambla
09:10	09:40	Toddlers Water Experience, 12-35 months	Wellness Pool
09:15	09:55	Kayak Instruction Beginners	Watersports Centre
09:15	09:45	Introduction to Slackline	Watersports Centre
09:30	10:30	Fun Time: Bike Skillz Squad 6-8 years	Laguna
09:30	13:30	*Surf School	North Reception
10:00	10:45	Padel Instruction Intermediate 10-15 years	Padel Court 4
10:00	11:30	20-25 km road bike tour, 18-20 km/h avg. speed	Bike Centre
10:00	10:45	Golf, 7-12 years	Golf Area
10:00	10:30	Baby Swimming in The Wellness Centre, max. 12 months	Wellness Pool
10:00	11:30	Windsurf Instruction Beginners	Watersports Centre
10:00	10:55	BODYPUMP™	Volcano
10:00	10:50	CrossFit Team WOD (only for experienced)	Crossfit Area
10:00	10:50	Kettlebell training, all levels	Functional Zone
10:00	10:50	Pilates, all levels	5-a-side
10:00	11:00	Play Time Kids Club 3-10 years	Playtime
10:00	11:50	Tennis Social Tournament, min. 15 years	Tennis Court 1

START	END	ACTIVITY	MEETING POINT
 10:45	11:45	Fun Time: Bike Skillz Squad 3-5 years	Laguna
 11:00	11:45	Golf, 13-17 years	Golf Area
 11:00	11:25	Swimming: Learn Front Crawl, 6-10 years	South Pool Lane 8
 11:00	11:40	Introduction to Dryland Swimming Session	Functional Zone
 11:00	11:50	Padel Beginners- Level 1.0-3.0	Padel Court 4
 11:00	11:55	Play Time Kids Club 3-10 years	Playtime
 11:00	11:45	SUP Fitness	Watersports Centre
 11:00	11:55	Yoga Flow	5-a-side
 11:05	11:55	BODYATTACK™	Volcano
 11:15	12:00	Intro to Aerial Fitness	Dance Studio
 11:30	11:55	Swimming: Front Crawl, 10-15 years	South Pool Lane 8
 11:30	13:00	Windsurf Instruction Beginners	Watersports Centre
 12:00	12:50	Padel Advanced- Level 4.0-5.0	Padel Court 4
 12:15	12:45	Aerial Relaxation	Dance Studio
 13:00	13:40	Breathe better - live better	Dance Studio
 14:00	14:50	Tennis instruction Beginner 1	Tennis Court 2
 14:00	14:55	Windsurf Instruction Intermediate	Watersports Centre
 14:00	15:30	Pilates Reformer, all levels (with socks!)	Dance Studio
 14:00	14:50	Golf - Speed training	Trackman Studio
 14:00	16:00	*Workshop: Optimal Male Aging – Is Testosterone Replacement Therapy the solution? w/ Sally Walker	Famara Room
 14:00	14:45	Swim technique with video	South Pool Lane 8
 14:15	15:00	Basic gymnastic, 6-10 years	South Hall Court 3
 14:15	14:45	Deep Water Aerobics	North Pool Lane 1
 15:00	15:50	Beach volleyball, 10-15 years	Beach Volley Court 1
 15:00	17:45	50-60 km road bike tour, 24-26 km/h avg. speed	Bike Centre
 15:00	16:20	Padel tournament, beginners/intermediate - Level 1.0-3.0	Padel Court 4
 15:00	15:45	Functional swim workout	North Pool Lane 8
 15:00	15:50	Tennis instruction Intermediate	Tennis Court 2
 15:00	16:50	Squash Tournament Intermediate	Squash Court 1
 15:00	15:50	Golf: Longest Drive - only for golf players	Trackman Studio
 15:00	16:50	Racketball tournament, all levels	Squash Court 1
 15:00	16:30	Wingfoil, intermediate (wing experience required)	Watersports Centre
 15:05	15:50	Basic gymnastic, 10-15 years	South Hall Court 3
 15:05	15:55	Fascial Training	Volcano
 15:15	15:45	Stand Up Paddle (SUP) for beginners	Watersports Centre
 15:30	16:30	Introduction to Pump foiling	Watersports Centre
 15:30	20:00	Wine & Tapas Tour	North Reception

START	END	ACTIVITY	MEETING POINT
 16:00	17:20	Football Tournament 5-10 years	5-a-side
 16:00	16:50	CrossFit Conditioning (all levels)	Crossfit Area
 16:00	16:50	Introduction to HYROX	Functional Zone
 16:00	17:50	Tennis Tournament Intermediate	Tennis Court 1
 16:00	17:50	Beach volleyball tournament (no instructor)	Beach Volley Court 1
 16:00	18:00	9-Hole TrackMan Challenge (no instructor)	Trackman Studio
 16:00	16:40	SUP Intermediate	Watersports Centre
 16:05	16:50	Gymnastic for parent-child 0-3 years	South Hall Court 3
 16:15	17:45	Family pentathlon	1/2 Football Pitch North
 16:15	17:45	Swim Squad, min. 10 years	South Pool Lane 8
 16:15	16:45	Ultimate Abs	Volcano
 16:30	17:50	Padel tournament, intermediate/advanced - Level 3.0-5.0	Padel Court 4
 16:30	17:25	Body Bike Base Camp (beginners) - Silent Fit	Body Bike Area
 17:00	17:45	Gymnastic for parent-child 3-5 years	South Hall Court 3
 17:00	17:50	Functional Mobility	Crossfit Area
 17:00	18:45	HYROX Endurance	Functional Zone
 17:00	17:50	Stretch & Relax	Volcano
 17:00	17:50	TRX (all levels)	TRX Area
 17:30	18:50	Football Tournament 10-15 years	5-a-side
 17:45	18:25	Body Bike HIIT - Silent Fit	Body Bike Area
 18:00	18:50	Step Beginners	Volcano
 18:00	18:45	Swimming Open Water Skills in the lagoon	Watersports Centre
 18:00	19:50	Doubles Badminton Tournament (no instructor)	North Hall Court 1
 18:00	19:20	Padel Expert Tournament - Level 5.0+ (no instructor)	Padel Court 1
 20:00	22:00	Live Music at The Square	Square

Wednesday 14 October 2026

2 weeks weekly program
Wed 30 Sep 01:18 – Wed 14 Oct 01:18

Nothing scheduled.