

# Sports Program Week 15



	Monday 08.04.19	Tuesday 09.04.19	Wednesday 10.04.19	Thursday 11.04.19	Friday 12.04.19	Saturday 13.04.19	Sunday 14.04.19
07:00							
08:00	Morning Yoga <small>aerobic area</small>	Morning Yoga <small>aerobic area</small>	Morning Yoga <small>aerobic area</small>	Morning Yoga <small>aerobic area</small>	Morning Yoga <small>aerobic area</small>	Morning Yoga <small>aerobic area</small>	Yoga <small>aerobic area</small>
08:30	Goodmorning Workout <small>aerobic</small>	Goodmorning Workout <small>aerobic</small>	Goodmorning Workout <small>aerobic</small>	Goodmorning Workout <small>aerobic</small>			
08:30	Morning Walk <small>run track</small>	Morning Walk <small>run track</small>	Morning run <small>run track</small>	Morning walk <small>run track</small>	Morning Run <small>run track</small>	Morning walk <small>run track</small>	Morning Run <small>run track</small>
09:00	5#5 min training <small>aerobic area</small>		Strenght- Circuit <small>aerobic area</small>				
09:00	Fitness X-Fit Wod <small>cross fit</small>	Wod <small>cross fit</small> Competition	Fitness X-Fit Wod <small>cross fit</small>	Fitness X-Fit Wod <small>cross fit</small>	Fitness X-Fit Wod <small>cross fit</small>	Fitness X-Fit Wod <small>cross fit</small>	Fitness X-Fit Wod <small>cross fit</small>
10:00	Aquathlon <small>meet fitness center</small>	Functional <small>aerobic area</small>	Bootcamp <small>run track</small>	Kettlebell <small>Run track</small>		Kettlebell <small>crossfit</small>	Core <small>aerobic area</small>
10:00	Core <small>aerobic area</small>			Core <small>aerobic area</small>	Tabata <small>aerobic area</small>		Spinning <small>fitness center</small>
11:00	Football at Multicourt	Waterpolo <small>cobana pool</small>		Waterpolo <small>cobana pool</small>	Football at Multicourt	HIT <small>aerobic area</small>	Circuit <small>aerobic area</small>
12:00	Aqua Fun Class	Aqua Fun Class	Aqua Fun Class	Aqua Fun Class	Aqua Fun Class	Aqua Fun Class	Aqua Fun Class
15:00	Challenge <small>aerobic area</small>	Foot training <small>aerobic area</small>	HIT <small>aerobic area</small>	Spinning <small>fitness center</small>	Body Tone <small>aerobic area</small>	Mobility <small>aerobic area</small>	Padle tournament <small>fitness center</small>
16:00	Spinning <small>fitness center</small>	Team Teach Fun class <small>aerobic</small>	Fitness Boxing <small>cross fit</small>	Circuit <small>aerobic area</small>	Fitness Boxing <small>cross fit</small>	Challenge <small>aerobic area</small>	Functional <small>aerobic area</small>
16:00	Fitness Boxing <small>aerobic area</small>	Tabata <small>cross fit</small>	Body Tone <small>aerobic area</small>			Foam roller <small>run track</small>	
17:00	Stretch and relax <small>aerobic area</small>	Stretch and relax <small>aerobic area</small>	Stretch and relax <small>aerobic area</small>	Stretch and relax <small>aerobic area</small>	Stretch and relax <small>aerobic area</small>	Stretch and relax <small>aerobic area</small>	Stretch and relax <small>aerobic area</small>
<b>ROAD BIKE TOURS</b>							
09:00		38km , arrive 15 minutes prior cycle center				65km, arrive 15 minutes prior at cycle center	

Aqua and water polo are at the Cobana pool

Bicycletours -Preebook and Pay 48 hours before!

Greenmark with group Wellnes Studio

Classes with Bluemarks are with our guestinstructors. Redmarks require payment or prebooking.

Aquathlon = 3,6 km run + 200 m swim + 2,4 km run.

Please be aware that all instructions are in English and activities or use of facilities is at your own responsibility.  
The Sport Program is subject to change.

BIKE TOURS - Please book minimum one day in advance at sportsbooking  
which is located in the fitness centre. Arrival 15 minutes prior to start time.