

	Sunday 8.08	Monday 9.08	Tuesday 10.08	Wednesday 11.08	Thursday 12.08	Friday 13.08	Saturday 14.08
Gym	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00	07:00-20:00
07:00		07:30 MEDITATION @ Pink Platform				07:30 MEDITATION @ Pink Platform	
08:00		MORNING HATHA YOGA @ Pink Platform	MORNING YOGA with Ellen @ Pink Platform	MORNING FLOW @ Pink Platform	MORNING YOGA with Ellen @ Pink Platform	MORNING HATHA YOGA @ Pink Platform	MORNING YOGA with Ellen @ Pink Platform
08:00		MORNING EASY RUN (6:30 PACE) 30 mins Meet @ Reception	TRACK N FIELD INTERVALS (3,3km jog, 30 min Intervals, 3,3jog/walk) @Reception	MORNING EASY RUN (6:30 PACE) 30 mins Meet @ Reception	MORNING INTERMEDIATE RUN (5:30 PACE) 30 mins Meet @ Reception	MORNING EASY RUN (6:30 PACE) 30 mins Meet @ Reception	08:30 Aquathlon Race 1,3km run- 200m swim- 1,5k run Meet @ SportShon Sign up @SportShon
08:00		KETTLEBELL @WOD Box. Sign up at Sportshop	09:00 POWERWALK meet @Reception		MORNING 30' POWERWALK Meet @Reception	MORNING 30' POWERWALK Meet @Reception	
09:00		POWERWALK to Myrina's Castle (2hrs) meet @Reception	FOOTBALL 5x5 @Multicourt	HIIT @Pink Platform	KILLER LEGS @WOD Box	FOOTBALL 5x5 TOURNAMENT @Multicourt	BOOTCAMP - FAMILY EDITION @Helipad
09:00		TABATA @Pink Platform	HEALTHY BACK @Pink Platform	CORE @WOD Box	FUNCTIONAL @Pink Platform	KETTLEBELL @WOD Box Sign up @SportShop	
09:00			KILLER LEGS @WOD Box		TABATA @Pink Platform	STRENGTH, BALANCE & STABILITY @Pink Platform	FOOTBALL 5x5 @Multicourt
10:00		FITNESS-X-WOD @WOD Box. Sign up at Sportshop	WOD with Ellen @WOD Box. Sign up at Sportshop	FITNESS-X-WOD @WOD Box. Sign up at Sportshop	FITNESS-X-WOD @WOD Box. Sign up at Sportshop	FITNESS-X-WOD @WOD Box. Sign up at Sportshop	WOD with Ellen @WOD Box. Sign up at Sportshop
10:00		FAMILY FUNCTIONAL FITNESS @Pink Platform	CIRCUIT @PINK PLATFORM	FOOT TENNIS @Tennis Court 1	INDOOR SPIN @INDOOR HALL. Sign up at Sportshop	FAMILY FUNCTIONAL @Pink Platform	MOBILITY @Pink Platform
10:00		RUNNING SKILLS with Ellen @Multicourt	BASKETBALL @Multicourt	FUNCTIONAL @Pink Platform	RUNNING INTERVALS with Ellen @Multicourt	INDOOR SPIN @Indoor Studio. Sign up at Sportshop	BASKETBALL @Multicourt
11:00		CORE @PINK PLATFORM	OLYMPIC WEIGHTLIFTING @WOD Box	GLUTES SCULPT @WOD Box	BOOTYBURN @Wod box	CARDIO ATTACK @Pink Platform	OLYMPIC WEIGHTLIFTING @Pink Platform Sign up @SportShop
11:00			INDOOR SPIN @Indoor Studio. Sign up at Sportshop		PILATES @Pink Platform		
11:00		CARDIO CIRCUIT @WOD BOX	KIDS GYMNASTICS @WOD Box	FOOTBALL 5x5 @Multicourt	12.00 KIDS GYMNASTICS @WOD Box		BOOTYBURN @Pink Platform
15:00	15:30 WELCOME MEETING @PoolBar	AQUA FITNESS @ Pool	AQUA FITNESS @ Pool	AQUA FITNESS @Pool	AQUA FITNESS @ Pool	AQUA FITNESS @ Pool	AQUA FITNESS @ Pool
16:00		15.00 FOOTBALL 5x5 @Multicourt	15:00 KIDS WOD 10-16 Years @WOD Box		15:00 KIDS WOD 10-16 Years @WOD Box	BOOTYSTEP @Pink Platform	15.00 KIDS OLYMPICS @Pink Platform
16:00	15.00 FOOTBALL 5x5 @Multicourt	AGILITY PLYOMETRICS @WOD Box Sign up at SportShop	CORE @WOD Box	INDOOR SPIN @Indoor Studio. Sign up at Sportshop	FOOTBALL 5x5 @Multicourt	BASKETBALL @Multicourt	INDOOR SPIN @Indoor Studio. Sign up at Sportshop
16:00	FUNCTIONAL @Pink Platform	BASKETBALL for all @Multicourt	HIIT @Pink Platform	BOOTYSTEP @Pink Platform	CIRCUIT @WOD Box	CORE @Pink Platform	CIRCUIT @WOD BOX
16:00		MOBILITY @WOD Box Sign up at SportShop	FOOTBALL 5x5 @Multicourt	PRE HAB with Ellen @Pink Platform	ABS ATTACK @Pink Platform	FOOTTRAINING with Ellen @GYM	BEACH VOLEY TOURNAMENT
17:00	FITNESS-X-WOD @WOD Box Sign up at Sportshop		HIIT CORE @Pink Platform	FOOTBALL 5x5 drills @Multicourt	HIIT @Pink Platform		
17:00		FITNESS-X-WOD @WOD Box. Sign up at Sportshop	FITNESS-X-WOD @WOD Box. Sign up at Sportshop	FITNESS-X-WOD @WOD Box. Sign up at Sportshop	FITNESS-X-WOD @WOD Box. Sign up at Sportshop	FITNESS-X-WOD @WOD Box. Sign up at Sportshop	FITNESS-X-WOD @WOD Box. Sign up at Sportshop
17:00		FAMILY TABATA @Pink Platform	FAMILY BOOTCAMP @Pink Platform	FAMILY TABATA @Pink Platform	BASKETBALL @Multicourt	FAMILY HIIT @Pink Platform	CORE @Pink Platform
17:00	SUP INTRO @Beach Station	EVENING EASY JOG 30mins Meet @Small Pink Platform	18.00 FOAMROLLER @WOD Box Sign up at Sportshop	17.00 BEACHVOLLEY @Volleyball court	HIIT @Pink Platform	FOOT TENNIS @Tennis Court 1	FITNESS-X-WOD @WOD Box. Sign up at Sportshop
18:00		17.00 BEACHVOLLEY @Volleyball court	SUNSET RUN @ Reception	BASKETBALL @Multicourt	SUNSET YOGA @Pink Platform	FOAMROLLER @WOD Box Sign up at Sportshop	EVENING RUN Meet @Reception
18:00	EVENING YOGA @Pink Platform	YIN YOGA with Ellen @Pink Platform	STRETCH AND RELAX @Pink Platform	YIN YOGA with Ellen @Pink Platform	AUGUST FULL MOON MEDITATION @Pink Platform	YIN YOGA with Ellen @Pink Platform	STRETCH AND RELAX @Pink Platform
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gravel Bike		08:15 Bike Ride 33k Gravel foundation 16.00 Bike intro Sign-up at cycle center	08:15 Bike Ride Ride 44k GoMaui 8:30 Bike Ride 20k Rise n Spin 16.00 Bike intro Sign-up at cycle center	08:15 Bike Ride 35km 9.00 Easy peasy 14km Sign-up at cycle center	08:15 Bike Ride 33k Gravel foundation 15.00 Gravelicious 35 km Sign-up at cycle center	08:15 Bike Ride 20K Easy Rise 'n' Spin 09:00 Maximum attack challenge Sign-up at cycle center	08:15 Bike Ride 55K Gravelicious Sign-up at cycle center
Tennis		10.00 TENNIS Beginner Lesson 11.00 TENNIS Intermediate Lesson 17.00 KIDS TENNIS (From 7 to 15)	09.00 TENNIS Beginner Lesson 10.00 TENNIS Intermediate Lesson 15.00 KIDS TENNIS (From 7 to 15)	15.00 TENNIS Beginner Lesson 16.00 TENNIS Beginner Lesson 17.00 KIDS TENNIS (From 7 to 15)	15.00 KIDS TENNIS 16.00 TENNIS Beginner Lesson 17.00 TENNIS TOURNAMENT	10.00 TENNIS Beginner Lesson 11.00 TENNIS Intermediate Lesson 17.00 KIDS TENNIS Lesson (From 7 to 15)	09.00 KIDS TENNIS Lesson (From 7 to 15) 10.00 TENNIS Intermediate Lesson 15.00 TENNIS Beginner Lesson

Padel		09:00 PADEL BEGINNER 10:00 SOCIAL PADEL 15.15 PADEL KIDS (From 7 to 15) 16.00 PADEL INTERMEDIATE 17.00 SOCIAL PADEL	09:00 PADEL BEGINNER 10.00 PADEL INTERMEDIATE 11.00 PADEL KIDS (From 7 to 15) 16.00 SOCIAL PADEL 17.00 SOCIAL PADEL	09.00 PADEL SOCIAL 10.00 PADEL INTERMEDIATE 11.00 PADEL KIDS (From 7 to 15) 17.00 PADEL SOCIAL 18.00 PADEL SOCIAL	09.00 PADEL INTERMEDIATE 10.00 KIDS PADEL (From 7 to 15) 11.00 PADEL BEGINNER 15.00 PADEL INTERMEDIATE 17.00 PADEL SOCIAL	09:00 PADEL BEGINNER 11.00 SOCIAL PADEL 15.00 KIDS PADEL (From 7 to 15) 16.00 PADEL INTERMEDIATE 17.00 SOCIAL PADEL	11.00 SOCIAL PADEL 15.00 KIDS PADEL (From 7 to 15) 17:30 PADEL TOURNAMENT
Swim Lessons		10:00 Crawl Beginner Lesson @Pool 15:00 Open water Swim @Pool	10:00 Crawl Intermediate Lesson 17:00 Crawl Beginner Lesson @Pool	10:00 Crawl Beginner Lesson 11:00 Crawl Intermediate Lesson 17:00 Open Water Swim @Pool	10:00 Crawl Intermediate Lesson 16:00 Crawl Beginner Lesson @Pool	10:00 Crawl Beginner Lesson 17:00 Crawl Intermediate Lesson @Pool	10:00 Crawl Intermediate Lesson 17:00 Crawl Beginner Lesson @Pool
WaterSports Station	15:00-17:00 Kayak free use @ Beach Station	11:15 Kayak Small tour 12:15 Kayak Small tour 15:00 SUP Intro 16:00 SUP Intro 10:00- 13:00 , 15:00-18:00 Kayak free use @ Beach Station	11:15 Kayak Small tour 15:00 Kayak Discovery 10:00- 13:00 , 15:00-17:00 Kayak free use @ Beach Station	11:15 Kayak Small tour 12:00 Kayak Small tour 15:00 SUP INTRO 16:00 SUP INTRO 10:00- 13:00 , 15:00-17:00 Kayak free use @ Beach Station	11.00 Kayak Discovery 12.00 KAYAK TOUR 16.00 SUP INTRO 17.00 SUP INTRO 10:00- 13:00 , 15:00-17:00 Kayak free use @ Beach Station	15:15 KAYAK TOUR 17.00 SUP INTRO 10:00- 13:00 , 15:00-18:00 Kayak free use @ Beach Station	11:15 -12:00 Kayak Fast Ride 15:15-16:00 SUP INTRO 10:00- 13:00 , 15:00-18:00 Kayak free use @ Beach Station

Redmarks require pre booking at Sports booking. Classes with Bluemarks are with our guestinstructors.

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

Run is adjusted after level of the group, it doesn't matter if you are beginner or high level, there is room for everyone.

Last time to sign up for the bike tour is 18.00 the day before. Social padel tennis and tennis sessions is between approx 45-50 min.

Program is subject to changes

Meeting area stated on each class

Aqua and water polo are held at the main pool

This is the online version of the sportsprogram, you will always find the last updated version onsite