

## GYM, FITNESS & SPORTS BOOKING

GYM - Opening hours 07:00 - 22:00 (Unsupervised)	free
SHOP - Opening hours Sunday 12:00 - 18.00, Monday - Saturday 10:00 - 16:30 SPORTS BOOKING at RECEPTION Monday-Saturday from 7:30 - 23:00	
Group sessions, Fitness classes (See sports & activity program)	free
Personal Training (on request)	€ 50 / h

## TENNIS / PADEL / PICKLEBALL

Tennis and Padel - Social and tuition (see sports & activity program)	free
Rent of Padel court + rackets (balls for purchase)	€ 20 / h
Rent of Tennis court + racket	€ 10 / h
Private Padel coach (1-4 persons or 5-8 persons)	€ 45 / 60 h
Pickleball - court + rackets and 2 balls	€ 10 / h

*Tennis and Padel, pre book in Sports booking. Rackets and balls included in rental. Courts must be pre booked.*

## BIKE RENTAL, Gravel

Gravel rides - (social ride, see sports program)	free
Gravel Bike 1 day (subject to availability)	€ 20
Gravel Bike 6 days (subject to availability)	€ 100

*Pedals (SPD and flats) and helmet included in rent. Bring your own shoes and water bottle.*

## WATERSPORTS

Stand up Paddle board and Kayak rental (subject to availability and weather)	free
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*Pre book in sports booking*

## WOD BOX (X-FIT INCLUDING MATERIAL)

Training in box on scheduled hours	free
Private use and material for one hour (for groups, on request, subject to availability)	€ 40/h

*Pre book in sports booking*

## SPIN-BIKE STUDIO

Indoor cycling / Spinning (scheduled hours on sports program)	free
One-hour private use with music and 21 bikes (on request, subject to availability)	€ 35 / h

*Pre book in sports booking*

## YOGA PLATFORM & MULTICOURT

One hour private use with music and equipment (on request, subject to availability)	€ 25
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*Pre book in sports booking*

## INDOOR HALL / CONFERENCE HALL

Use for indoor classes (for groups, on request, subject to availability)	€ 25
One day use for meetings	Price on request

*Pre book in sports booking*

*Prices, brands and opening hours are subject to changes.*