

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Roadbike	10.30 ROADBIKE TOUR GREEN ROAD 10km Beginners Sign up in Sportsbooking Cycle Centre	08.30 ROADBIKE TOUR RED ROAD 40km Beginners / Intermediate Sign up in Sportsbooking Cycle Centre	08.30 ROADBIKE TOUR BLUE ROAD 20km Beginners / Intermediate Sign up in Sportsbooking Cycle Centre	08.30 ROADBIKE TOUR BLUE ROAD 50km Intermediate / Advanced Sign up in Sportsbooking Cycle Centre	09.00 MTB TOUR BLUE 35km Beginners/Intermediate Sign up in Sportsbooking Cycle Centre	08.30 ROADBIKE TOUR RED ROAD 40km Intermediate / Advanced Sign up in Sportsbooking Cycle Centre	08.30 ROADBIKE TOUR RED ROAD 40km Intermediate / Advanced Sign up in Sportsbooking Cycle Centre
Roadbike	15.00 MTB TOUR BLUE 10 km Beginners Sign up in Sportsbooking Cycle Centre	08.30 ROADBIKE TOUR BLUE ROAD 15km Beginners Sign up in Sportsbooking Cycle Centre	15.00 MTB TOUR GREEN 5 km Beginners Sign up in Sportsbooking Cycle Centre	15.00 MTB TOUR BLUE 28 km Beginners/Intermediate Sign up in Sportsbooking Cycle Centre	15.00 ROADBIKE TOUR GREEN ROAD 15km Beginners Sign up in Sportsbooking Cycle Centre	15.00 MTB TOUR GREEN 15 km Beginners Sign up in Sportsbooking Cycle Centre	15.00 MTB TOUR GREEN 20 km Beginners Sign up in Sportsbooking Cycle Centre
Padel	10.00 & 15.00 SOCIAL PADEL Sign up in Sports booking Padel courts	10.00 SOCIAL PADEL & 15.00 PADEL SKILLS Sign up in Sports booking Padel courts	15.00 PADEL TOURNAMENT Sign up in Sports booking Padel courts	10.00 & 15.00 SOCIAL PADEL Sign up in Sports booking Padel courts	10.00 SOCIAL PADEL & 15.00 PADEL GAMES Sign up in Sports booking Padel courts	10.00 & 15.00 SOCIAL PADEL Sign up in Sports booking Padel courts	10.00 & 15.00 SOCIAL PADEL Sign up in Sports booking Padel courts
Tennis	15.00 SOCIAL TENNIS Sign up in Sports booking Tennis courts	SOCIAL TENNIS Red 08.00 Black 09.00 15.00 Social Play Sign up in Sports booking Tennis court	SUPERDRILLS 08.00 & 10.00 & 17.00 Sign up in Sports booking € Tennis courts	SOCIAL TENNIS Black 08.00 Red 09.00 Blue 10.00 Green 11.00 15.00 Super drills € Sign up in Sports booking Tennis court	SUPERDRILLS 08.00 & 10.00 & 17.00 Sign up in Sports booking € Tennis courts	SOCIAL TENNIS Black 08.00 Red 09.00 Blue 10.00 Green 11.00 15.00 Super drills € Sign up in Sports booking Tennis court	SUPERDRILLS 08.00 & 10.00 & 17.00 Sign up in Sports booking € Tennis courts
Swim lessons	10.00 CRAWL BEGINNERS 17.00 CRAWL INTERMEDIATE open water or pool Sign up in Sports booking Meeting Sports booking	10.00 CRAWL INTERMEDIATE 17.00 CRAWL INTERMEDIATE open water Sign up in Sports booking Meeting Sports booking	10.00 CRAWL BEGINNERS 17.00 CRAWL INTERMEDIATE open water or pool Sign up in Sports booking Meeting Sports booking	10.00 CRAWL INTERMEDIATE 17.00 CRAWL INTERMEDIATE open water Sign up in Sports booking Meeting Sports booking	10.00 CRAWL BEGINNERS 17.00 CRAWL INTERMEDIATE open water or pool Sign up in Sports booking Meeting Sports booking	10.00 CRAWL BEGINNERS 17.00 CRAWL INTERMEDIATE open water or pool Sign up in Sports booking Meeting Sports booking	10.00 CRAWL BEGINNERS open water Sign up in Sports booking Meeting Sports booking
14:00	SUP LESSON Beginners Water sports station	SUPSAFARI Water sports station	KAJAK LESSON Beginners Water sports station	KAJAK SAFARI Water sports station	SUP LESSON Beginners Water sports station	SUPSAFARI Water sports station	SUP LESSON Beginners Water sports station
RACE		14:00 Aquathlon Run, Swim (OW), Run Sign up in sports booking		14:00 - 5K RACE Run track	16:00 SUPnRUN Sign up in Sports booking Meeting Sports booking	14:00 - King of the Mountain Hill rep competition Sign up in Sports booking	

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 your are beginner or high level, there is room for everyone. Social padel tennis and tennis sessions is between approx 45-50 min.

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