

SPORTS PROGRAM

FITNESS PROGRAM

MON	TUES	WED	THUR	FRI	SAT	SUN	// FOR ADULTS AND TEENAGERS 15+ //
		8.00 – 09.30 HIKING**	12.30 – 13.00 AQUA FITNESS (main pool)		8.00 – 09.30 HIKING**	8.00 – 09.30 HIKING**	<u>MONDAY</u> 09.30 – 10.00: STRETCHING (beach deck) 16.00 – 16.30: ABS WORKOUT (gym)
12.00 – 13.00 BEACH VOLLEY	12.30 – 13.00 AQUA ZUMBA (main pool)	12.00 – 13.00 BEACH VOLLEY	12.30 – 13.00 AQUA FITNESS (main pool)	12.00 – 13.30 CHESS Tournament	12.30 – 13.00 AQUA ZUMBA (main pool)	12.30 – 13.00 AQUA FITNESS (main pool)	<u>TUESDAY</u> 16.00–16.30: CROSS TRAINING (gym)
	13.30 – 14.30 CHESS class		13.30 – 14.30 CHESS class			13.30 – 14.30 CHESS class	<u>WEDNESDAY</u> 16.00 – 16.30: FUNCTIONAL TRAINING (gym)
13.30 – 14.30 PING PONG Tournament	17.00 – 18.30 FOOTBALL / BASKET	13.30 – 14.30 PING PONG Tournament	17.00 – 17.45 FOOTBALL group training (kids 4-8)	13.30 – 14.30 PING PONG Tournament	15.00 – 16.00 BEACH VOLLEY	17.00 – 17.45 FOOTBALL group training (kids 4-8)	<u>THURSDAY</u> 16.00–16.30: TABATA WORKOUT (gym)
	18.00 – 19.00 ARCHERY		17.45 – 18.30 FOOTBALL group training (kids 9-12)	15.00 – 16.00 BEACH VOLLEY	17.00 – 18.30 FOOTBALL / BASKET	17.45 – 18.30 FOOTBALL group training (kids 9-12)	<u>FRIDAY</u> 09.30 – 10.00: STRETCHING (beach deck) 16.00–16.30: CROSS TRAINING (gym)
			18.00 – 19.00 ARCHERY			18.00 – 19.00 ARCHERY	<u>SATURDAY</u> 16.00 – 16.30: ABS WORKOUT (gym)
							<u>SUNDAY</u> 16.00–16.30 FUNCTIONAL TRAINING (gym)

EXTRA ACTIVITIES ON DEMAND**

TENNIS LESSONS - PERSONAL FITNESS TRAINING - KIDS SWIMMING LESSONS
DANCE LESSONS – FOOTBALL PRIVATE TRAINING – AQUA BIKE WORKOUT

**Pre-booking required. Additional information on the opposite page.

ADDITIONAL INFORMATION & PRICELIST

- **Hiking:** Pre-booking required at the reception until 8pm of the day before the activity. Free of charge. Easy forest route approximately 6km. Starting point at reception.
- **Swimming lessons** provided for kids 3-12 years old in the main pool or the private pool of your club room upon request at the reception.
- **E- Bikes Rental** available via the application of Unicorn Mobility. Scan the QR code on the bikes to find out more.
- **Tennis Courts Rental:** Operating Hours 08.00 – 22.00 (upon request).
Fitness Center: Operating Hours 08.00 – 20.00. For security reasons, children under the age of 16 are not allowed.
- In case of bad weather, please find the special “Rain Program Activities” at the reception.
In case of strong wind, Archery will be cancelled.



PRICELIST		
AQUA BIKE GROUP WORKOUT (max. 6 persons)	30€ /class	
KIDS SWIMMING LESSONS (for kids 3-12 years old)	35€ /class	
TENNIS COURT RENTAL (+ equipment)	30€ /hour 35€ /hour	
TENNIS GROUP CLASS (max. 4 persons)	40€ /person /class	3 classes pack: 100€/person
TENNIS PRIVATE CLASS	75€ /class	3 classes pack: 200€
PERSONAL FITNESS TRAINING	60€ /class	3 classes pack: 160€
DANCE LESSON (max. 3 persons)	60€ /class	3 classes pack: 160€
FOOTBALL PERSONAL TRAINING	60€ /class	3 classes pack: 160€



Miraggio App