

Sports program **Cavo Spada**

Friday 14 September

08.00-08.45 Soft yoga – Beach area (ALLIS)
09.30-10.00 Spinning – Spa *reservation* (ALLIS)
11.00-11.45 Circuit/HIT – MOG (PAULA)
12.30-13.00 Aqua – Pool (PAULA)
16.30-17.15 WOD – MOG (ALLIS)

Saturday 15 September

08.00 ~ Powerwalk 5km – Reception (ALLIS)
09.00-09.45 Yoga flow – Beach area (FANNY)
10.00-10.45 Circuit – MOG (ALLIS)
12.30-13.00 Aqua – Pool (FANNY)
16.00-16.30 Core – MOG (ALLIS)
17.00-17.45 WOD – MOG (FANNY)

Sunday 16 September

07.45-08.15 Yoga flow – Beach area (FANNY)
09.00-09.50 WOD – MOG (ALLIS)
10.00-10.30 Mobility/stretch – MOG (ALLIS)
12.30-13.00 Aqua – Pool (PAULA)
15.30-16.00 Core – MOG (FANNY)
16.00-16.45 Tabata – MOG (FANNY)
17.00-17.50 BootCamp – Bootcamp area (ALLIS)

Monday 17 September

07.30-08.15 Running intervals – Reception (ALLIS)
09.15-09.45 Mobility/Stretch – MOG (ALLIS)
11.00-11.45 WOD – MOG (FANNY)
12.30-13.00 Aqua – Pool (ALLIS)
14.00-14.40 Workout Zumba – Beach area (PAULA)
15.00-15.30 Core – Beach Area (PAULA)
16.00-16.30 HIT – MOG (FANNY)
17.00-17.30 Volleyboll – Beach (FANNY)

Tuesday 18 September

08.00-08.50 Run 5km – Reception (FANNY)
09.15-09.45 Mobility/stretch – MOG (FANNY)
10.30-11.15 WOD – MOG (ALLIS)
12.15-13.00 Spinning – Spa *reservation* (ALLIS)
12.30-13.00 Aqua – Pool (FANNY)
15.00-15.45 Dance – MOG(PAULA)
18.00-18.45 Yoga flow– Beach area (FANNY)

Wednesday 19 September

11.15-12.00 HIT – MOG (FANNY)
11.30-12.15 Dance– Beach area (PAULA)
12.30-13.00 Aqua – Pool (FANNY)
15.00-15.30 Core – MOG (PAULA)
16.15-16.45 Mobility/Stretch- Beach area (FANNY)

Thursday 20 September

09.00-09.50 Powerwalk 5km – Reception (FANNY)
09.30-10.00 HIT – MOG (ALLIS)
11.00-11.45 WOD – MOG (FANNY)
12.30-13.00 Aqua – Pool (ALLIS)
15.00-15.45 Soft yoga- Beach area (FANNY)
16.00-16.30 Volleyboll – Beach (ALLIS)
17.00-17.45 Spinning- Spa *reservation*(ALLIS)

Friday 21 September

09.30-10.00 Spinning – Spa *reservation* (ALLIS)
10.30-11.15 Mobility/stretch – MOG (ALLIS)
11.15-11.45 Circuit/HIT – MOG (PAULA)
12.30-13.00 Aqua – Pool (PAULA)
16.30-17.15 Bootcamp – Bootcamp area (ALLIS)
17.30-18.00 After Beach Aqua Fun- Pool- (TEAM)

MOG = Outdoor gym (next to tennis court)