

ACTIVITIES PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	EXTRA ACTIVITIES - ON DEMAND -
	07.30 – 09.00 HIKING**		07.30 – 09.00 HIKING**		07.30 – 09.00 HIKING**		
09.30 – 10.15 STRETCHING (location: beach deck)		09.30 – 10.15 PILATES (location: beach deck)	11.00 – 12.00 BEACH SOCCER	09.30 – 10.15 PILATES (location: beach deck)	11.00 – 12.00 BEACH SOCCER	09.30 – 10.15 PILATES (location: beach deck)	● KIDS SWIMMING LESSONS <i>Individual class _35€ / 35min.</i>
14.00 – 15.00 PING PONG TOURNAMENT	11.00 – 12.00 BEACH SOCCER		12.30 – 13.00 AQUA ZUMBA (main pool)	12.30 – 13.00 AQUA ZUMBA (main pool)	12.30 – 13.00 AQUA FITNESS (main pool)	11.00 – 12.00 BEACH SOCCER	● TENNIS LESSONS <i>Group class _40€ / person / hour</i> <i>Individual class _75€ / hour</i>
16.30 – 18.00 FOOTBALL / BASKET	16.00 – 16.45 FUNCTIONAL TRAINING (location: GYM)	13.00 – 14.00 BEACH VOLLEY	12.30 – 13.00 AQUA FITNESS (main pool)	13.00 – 14.00 BEACH VOLLEY	12.30 – 13.00 AQUA FITNESS (main pool)	12.30 – 13.00 AQUA ZUMBA (main pool)	● PERSONAL FITNESS TRAINING <i>Max. 3 persons per class _60€/ hour</i>
	17.30 – 18.30 ARCHERY	16.30 – 18.00 FOOTBALL / BASKET	16.00 – 16.45 STRETCHING (location: GYM)	16.30 – 18.00 FOOTBALL / BASKET	16.00 – 16.45 CIRCUIT TRAINING (location: GYM)	13.00 – 14.00 BEACH VOLLEY	● DANCE LESSONS <i>For adults or kids.</i> <i>Max. 3 persons per class _60€/ hour</i>
			17.30 – 18.30 ARCHERY			17.30 – 18.30 ARCHERY	

****HIKING:** Pre-booking required at reception until 8pm the day before the activity. Free of charge. Easy forest route 6-7km. Meeting point at 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). 30€/ hour + 5€ / equipment set / hour.
- **Fitness Center:** Operating Hours 08.00 – 20.00. Free of charge for hotel guests. For security reasons, children under the age of 16 are not allowed.