

SPORTS PROGRAM

FITNESS PROGRAM

MON	TUES	WED	THUR	FRI	SAT	SUN	// FOR ADULTS AND TEENAGERS 15+ //
<p>11.00 – 12.00</p> <p>TENNIS** group class (kids 5-13)</p> <p>12.00 – 13.00</p> <p>MINI GOLF</p> <p>14.30 – 15.30</p> <p>BEACH VOLLEY</p> <p>17.00 – 18.00</p> <p>TENNIS** group class (adults/ teens 14+)</p>	<p>11.00 – 12.00</p> <p>TENNIS** group class (kids 5-13)</p> <p>12.30 – 13.30</p> <p>CHESS class</p> <p>17.00 – 18.00</p> <p>TENNIS** group class (adults/ teens 14+)</p> <p>17.00 – 18.30</p> <p>FOOTBALL / BASKET</p> <p>18.00 – 19.00</p> <p>ARCHERY</p>	<p>8.30 – 10.00</p> <p>HIKING**</p> <p>11.00 – 12.00</p> <p>TENNIS** group class (kids 5-13)</p> <p>11.00 – 12.00</p> <p>TENNIS** group class (kids 5-13)</p> <p>12.00 – 13.00</p> <p>MINI GOLF</p> <p>14.30 – 15.30</p> <p>BEACH VOLLEY</p> <p>17.00 – 18.00</p> <p>TENNIS** group class (adults/ teens 14+)</p> <p>17.00 – 18.00</p> <p>TENNIS** group class (adults/ teens 14+)</p>	<p>11.00 – 12.00</p> <p>TENNIS** group class (kids 5-13)</p> <p>12.30 – 13.30</p> <p>CHESS class</p> <p>13.30 – 14.30</p> <p>PING PONG Tournament</p> <p>17.00 – 18.00</p> <p>TENNIS** group class (adults/ teens 14+)</p> <p>17.00 – 18.30</p> <p>FOOTBALL / BASKET</p> <p>18.00 – 19.00</p> <p>ARCHERY</p>	<p>11.00 – 12.00</p> <p>TENNIS** group class (kids 5-13)</p> <p>10.30 – 11.15</p> <p>FOOTBALL training (kids 4-8)</p> <p>11.15 – 12.00</p> <p>FOOTBALL training (kids 9-12)</p> <p>11.15 – 12.00</p> <p>FOOTBALL training (kids 9-12)</p> <p>12.00 – 13.00</p> <p>MINI GOLF</p> <p>14.30 – 15.30</p> <p>BEACH VOLLEY</p> <p>17.00 – 18.30</p> <p>FOOTBALL / BASKET</p> <p>17.00 – 18.30</p> <p>FOOTBALL / BASKET</p>	<p>8.30 – 10.00</p> <p>HIKING**</p> <p>10.30 – 11.15</p> <p>FOOTBALL training (kids 4-8)</p> <p>11.15 – 12.00</p> <p>FOOTBALL training (kids 9-12)</p> <p>12.30 – 13.30</p> <p>CHESS class</p> <p>14.30 – 15.30</p> <p>BEACH VOLLEY</p> <p>16.00 – 17.00</p> <p>TENNIS** group class (kids 5-13)</p> <p>17.00 – 18.00</p> <p>TENNIS** group class (adults/ teens 14+)</p> <p>17.00 – 18.00</p> <p>TENNIS** group class (kids 5-13)</p> <p>17.00 – 18.00</p> <p>TENNIS** group class (adults/ teens 14+)</p> <p>18.00 – 19.00</p> <p>ARCHERY</p>	<p>8.30 – 10.00</p> <p>HIKING**</p> <p>12.00 – 13.30</p> <p>CHESS Tournament</p> <p>14.30 – 15.30</p> <p>BEACH VOLLEY</p> <p>16.00 – 17.00</p> <p>TENNIS** group class (kids 5-13)</p> <p>17.00 – 18.00</p> <p>TENNIS** group class (adults/ teens 14+)</p> <p>17.00 – 18.30</p> <p>FOOTBALL / BASKET</p> <p>18.00 – 19.00</p> <p>ARCHERY</p>	<p><u>MONDAY</u></p> <p>09.30 – 10.00: PILATES (beach deck) 16.30 – 17.00: STRETCHING (gym)</p> <p><u>TUESDAY</u></p> <p>09.30 – 10.00: YOGA (beach deck) 10.15 – 11.00: AQUA BIKE** (main pool) 16.30–17.00: CROSS TRAINING (gym)</p> <p><u>WEDNESDAY</u></p> <p>16.30 – 17.00: FUNCTIONAL TRAINING (gym)</p> <p><u>THURSDAY</u></p> <p>09.30 – 10.00: PILATES (beach deck) 10.15 – 11.00: AQUA BIKE** (main pool) 16.30–17.00: TABATA WORKOUT (gym)</p> <p><u>FRIDAY</u></p> <p>09.30 – 10.00: STRETCHING (beach deck) 16.30–17.00: CROSS TRAINING (gym)</p> <p><u>SATURDAY</u></p> <p>09.00 – 09.45: AQUA BIKE** (main pool) 16.30 – 17.00: FUNCTIONAL TRAINING (gym)</p> <p><u>SUNDAY</u></p> <p>16.30–17.00: ABS WORKOUT (gym)</p>

**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.
- **Tennis Group Classes & Aqua Bike workout:** Limited places available. Pre-booking required the day before the class or at least 2 hours before the evening class. Booking at the reception or via the Miraggio App. Extra charges applied (pricelist below). A minimum of 2 participants is required for each group class.
- **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