

Sports Program Week 48 29 November - 5 December



	Monday 29th November	Tuesday 30th November	Wednesday 1st December	Thursday 2nd December	Friday 3rd December	Saturday 4th December	Sunday 5th December
07:00	Morning Jog /Stretch URBAN TRIBES						
07:30	Morning Meditation						
08:00	Morning Stretch	Morning Meditation	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga
08:30	Silent meditational walk	Silent meditational walk	Morning Jog /Stretch URBAN TRIBES	Silent meditational walk	Morning Walk (60 mins)	Silent meditational walk	30 minute off road run
09:00	Fitness -X-WOD	Run Proud URBAN TRIBES	Fitness -X-WOD	Fitness -X-WOD		Fitness -X-WOD	Fitness -X-WOD
10:00	Hike (3h)	Functional	Hike (2h)	CORE	Fitness -X-WOD	Hike (2h)	Tabata
11:00	CORE	Zumba	Functional	HIT	Functional	Cycle Class	Cycle Class
15:00		Aqua	Aqua	Aqua	Aqua	Aqua	Aqua
15:00	Run Happy URBAN TRIBES	Yoga with Christine (90 mins)		Yoga with Christine (90 mins)			
16:00	Cycle Class		Cycle Class		Lower Body	Fitness -X-WOD	CORE
17:00	Evening Yoga	Run Happy URBAN TRIBES	Circuit	Run Happy URBAN TRIBES	Stretch & Relax	HIT	Stretch & Relax
18:00			Evening Yoga	Stretch & Relax		Sunset Stretch & Relax	Cava Yoga
SURF lessons - book at surf school office							
SURF lessons - time table according to tide - please book with the Surfschool.							
Surf Centre Open 8-12 / 14-20	11:00 & 13:00	12 & 14	14 & 16	14:30 & 16:30	7 & 16:30	10:00 & 13:00	11:00 & 15:00
ROAD AND MOUNTAIN BIKE TOURS							
Bike operated by Neilson			FREERIDING AVAILABLE 10:00 AM	BLACK Road Bike 09:00 AM	BLACK MTB 09:00 AM	BLUE MTB 09:00 AM	RED ROAD 09:00 AM
Tennis operated by Neilson			FREE PLAY AVAILABLE 09:00AM	09:00-10:0 GREEN/BLUE 10:00-11:00 RED/BLACK 15:30 SUPERDRILLS 16:30-18:00 SOCIAL TENNIS	09:00-10:0 GREEN/BLUE 10:00-11:00 RED/BLACK 15:30 SUPERDRILLS 16:30-18:00 SOCIAL TENNIS	09:00-10:0 GREEN/BLUE 10:00-11:00 RED/BLACK 15:30 SUPERDRILLS 16:30-18:00 SOCIAL TENNIS	09:00-10:0 GREEN/BLUE 10:00-11:00 RED/BLACK 15:30 SUPERDRILLS 16:30-18:00 SOCIAL TENNIS

All instructions are held in English and activities or use of facilities is at your own responsibility. The Sport Program is subject to change.

Classes with **Bluemarks** are with our guestinstructors.
Please book your classes at reception.

Classes are held at the yoga shala/grassy area, except Cycle Class.

Meeting Point for running, hiking and walks is reception.