

# SUMMER ACTIVITIES 2016

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
7:30	5K Run	Cross training			Spinning		
8:00	Soft-yoga activation	Soft-yoga activation			Soft-yoga activation	Golf warm up	Golf warm up
8:30	Bike ride	5K Run			Bike	Swing performance	Core training
9:00						Spinning	Spinning
9:30							
10:00			Tennis*	Tennis*		Pilates	Pilates
10:30							
11:00			Padel*	Padel*		Aqua fitness	Aqua fitness
11:30							
12:00						Gym assistance	Gym assistance
12:30							
13:00							
13:30							
14:00	Yoga for digestion	Yoga for digestion			Yoga for digestion		
14:30	Pilates	Aqua fitness			Pilates		
15:00							
15:30	Aqua fitness	Pilates			Aqua fitness		
16:00							
16:30	Swing performance	Core training			Resistance training		
17:00	Gym assistance	Gym assistance	Tennis*	Tennis*	Gym assistance	Swing performance	Core training
17:30						Gym assistance	Gym assistance
18:00	Cross training	Resistance training	Padel*	Padel*	Cross training		
18:30						Resistance training	Cross training
19:00	Cool down	Cool down			Cool down		
19:30						Cool down	Cool down

\*At Residents Club / All other activities are undertaken at Hotel and surrounding areas

# JUNIOR SUMMER ACTIVITIES 2016 (3-5 YEARS OLD)\*\*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00	Move your body						
11:00							
11:00	Aqua fun						
12:00							
12:00	Lunch* - Free time						
14:00							
14:00	Art attack						
15:00							
15:00	Workshops & challenges						
16:00							
16:00	Afternoon snack						
16:30							
16:30	Chill out						
17:00							
17:00	Aqua Fun						
18:00							
18:00	Outdoor activities						
19:00							
19:00	Dinner* + Free time						
20:00							

\*Extra cost  
\*\* August only

# JUNIOR SUMMER ACTIVITIES 2016 (6-12 YEARS OLD)\*\*

Week	Monday to Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00	Summer Camp Sergio Garcia Junior academy	Move your body						
11:00		Aqua fun						
11:00		Lunch* + Free time						
12:00		Art attack / Summer Camp Sergio Garcia						
12:00		Workshops & challenges						
14:00		Afternoon snack						
14:00		Chill out						
15:00		Aqua Fun						
16:00		Outdoor activities						
16:30		Dinner* + Free time						
17:00								
17:00								
18:00								
18:00								
19:00								
19:00								
20:00								

\*Extra cost

\*\* August only