

WELCOME

Hello and welcome to **Porto Myrina – powered by Playitas!** We are delighted to have you and hope you have an amazing experience here. We are proud to be a sports hotel, offering a wide range of sporting activities to suit all levels, as well as plenty of opportunities to relax and recover for those of you who want to take it easy!

From fitness classes and triathlon training to padel and water sports, we have it all here. Alongside our top-class amenities, we are in a stunning area offering scenic views of the beach, traditional olive groves and local hillsides. With plenty to do both in the hotel and in the local area, you're sure to have an amazing holiday experience here at Porto Myrina.

Within this welcome pack you will find all the information you need regarding all of the activities and services we offer, but don't worry, if you have any questions our Playitas sports team will be happy to help!

Have fun,

The Sports Team

SPORTSPROGRAM

At Porto Myrina, we have lots of fun activities for everyone. Whether you're a pro athlete or just want to try something new, we've got you covered. Check out our weekly sports program, which you can find by scanning a QR code or on our notice boards by the pool and buffet entrance at the Sports Bar. It's an easy way to plan your day and enjoy all the cool stuff we have to offer!

FITNESS CLASSES

To participate in our activities, please be aware that advance booking may be necessary. Our schedule is color-coded to help you understand whether pre-booking is required or not. Colour codes

- **Black** – Activities in black do not require pre-booking. Just arrive at the designated location on time!
- **Blue** – This indicates activities led by our guest instructors. If pre-booking is necessary, you'll see a note marked in **red**.
- **Red** – Events printed in red must be pre-booked and can only be reserved up to 1 day in advance.
- **Purple** – These are our kid-friendly or family-friendly activities. 😊

WHERE TO FIND YOUR CLASS

Here at Porto Myrina, we take advantage of our stunning surroundings and lovely weather by hosting our fitness classes and activities outdoors, with multiple training spots scattered around the hotel. To find where your class will be held, just check the sports program for each activity's location.

Our CrossFit-inspired and functional classes usually take place at our brand new WOD box, situated beside the PADEL COURTS. Look out for the symbol: @WOD Box.

Many of our classes, like HIIT, morning yoga, and stretch and relax, happen at our Pink Platform, right by the beachfront. Keep an eye out for: @Pink Platform. We primarily run bodyweight classes in this area.

Additionally, we utilize the multicourt for various classes, conveniently located near the reception area. Look for: @ Multicourt in the program.

WHERE TO BOOK

Sports bookings can be made at the **reception** desk **Monday through Saturday. 07:45 – 22:00**

On **Sundays**, head to the **SportShop**.

You can book fitness classes, swim lessons, court rentals, Padel group classes, and kayaks from 08:00 to 22:00.

For Padel and Tennis court rentals, visit the **SportShop** between 10:00 and 16:30.

After that, you can book at the **reception**.

If you're interested in **private Padel lessons**, just let us know, and we can arrange that for you by the **SportShop**.

Biking activities require booking at the bike center. Bookings for the bikes start at Monday morning 8.00–09.30! Make sure to reserve your bike at least a day in advance.

SPORTSHOP / BOOKING

Make sure to check out our **SportShop**! Located next to the main pool you can find everything you may need to take your experience to the next level.

We supply a wide range of clothes and other goodies such as supplements such as energy gels to keep you going on your runs and protein bars and powders to help you recover from your tough sessions!

We also have a great selection of various sportswear, accessories, and merchandise to choose from to keep you looking good!

Bookings for padel and tennis courts can be made here also. Only on Sunday you can also book your classes.

Opening hours: 10.00 – 16.30 every day. Sunday: 12.00 – 18.00

BEACH WATERSPORTS CENTER

Situated at the beach, the Porto Myrina Beach team provides the opportunity to get on the water and try our kayaks or kayak tours.

The Beach team provides tuition appropriate for beginners and advanced water users.

Head down to the beach for more information! The beach is open from 10:00–16:30 every day for you to rent kayak and paddleboard equipment. On Sunday the beach remains closed.

porto myrina

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play
itas

BIKE CENTER

For biking enthusiasts, our bike center exclusively offers gravel bikes for your riding pleasure. To ensure you have the bike you need, it's essential to reserve your gravel bike at least one day in advance.

The bike center operates: Monday to Saturday from 12.30-18.00. To book your Monday rides you can book on Monday from 8.00-09.30.

Whether you're planning a leisurely ride along scenic routes or gearing up for a thrilling gravel biking adventure, our bike center is here to cater to your cycling needs at Porto Myrina. Don't forget to secure your gravel bike ahead of time and get ready to explore the beautiful surroundings on two wheels!

PRICE FOR RENT: 20 euro / day , 100 euro/week

Insurance for road assistance 5 euros (optional)

PRICE FOR OUR RIDES: Free

PADEL

Padel is one of our most popular activities here at Porto Myrina, and it's no wonder why—it's a fantastic way to have fun and stay active! We offer multiple sessions throughout the day, allowing guests to join 1-2 free sessions daily. These sessions provide a great opportunity to meet new people and enjoy a friendly game of Padel.

If you prefer a more private experience or want to play with your group exclusively, you also have the option to book your own court. While there is an extra charge for booking a court, it ensures that you have dedicated time to enjoy the game without interruptions.

So whether you're looking to socialize on the court or prefer a private match, Padel at Porto Myrina offers something for everyone. Join us for a game and experience the excitement of this popular sport!

Padel court+ rackets (balls for purchase) : 20 euros/hr

Padel balls 3pack: 9 euros

PICKLEBALL OR TENNIS

Experience the excitement of racket sports at Porto Myrina! Our tennis courts provide thrilling gameplay for all levels, and our pickleball courts offer friendly competition and skill-building opportunities. We offer free social sessions during the week, but booking a court for exclusive use incurs an extra charge. Join us for unforgettable moments on the court!

Tennis court+rackets (balls for purchase) : 10 euros/hr

Pickleball court+rackets+balls : 10 euros/hr

Tennis balls 3pack: 9 euros

FITNESS CENTER

We are happy to be able to offer you a top-class fitness center. With large open areas, machines from Matrix, lifting equipment from Casall and top-class cardio machines.

Gym is unattended use equipment you are familiar with.

Open daily 07.00 –22.00

Fitness center rules & regulations

- No outside guests allowed into Fitness Centre (except membership clients)
- Minors 12–15 years shall be accompanied by adult. Younger ages not allowed in the gym.
- Shirt shall remain on during training.
- Wear clean clothes while working out. Inappropriate body odor is offensive.
- Dry, closed-top athletic shoes are required. No outdoor shoes, boots or sandals are permitted.
- Please return weights and plates when you complete your workout.
- Pick up after yourself. Each tool used shall be placed where it was taken.
- Return towels to front desk. Throw paper towels in trash bin.
- Use the equipment as they are meant to be used. No playing, only training!
- Do not sit on equipment between sets if guests are waiting.
- Do not use weights while on cardio equipment.
- Misuse of the equipment can result in injury and/or damage to the equipment; follow directions and instructions.
- Clean your machine or work out place after usage. Users are required to clean each machine including free weight benches and mats after use.
- Do not disrupt classes.
- Do not touch TV screens.
- If not adhering to the policies, you may be asked to leave the facility.
- Management reserves the right to deny entry of anyone who violates the rules.



Sunday

15:00 **WELCOME MEETING** @PoolBar

16:00 **FULL BODY WORKOUT** with Agnes
@WOD Box

17:00 **STRETCH & RELAX** with Agnes @Pink
Platform

Please be aware that all instructions are in English and activities or use of facilities is at your own responsibility.

Run is adjusted after level of the group, it doesn't matter if you are beginner or high level, there is room for everyone.

For the Gravel bike tours the sign ups are happening at cycle center. Register through QR-code 1 and download our application for sports booking with QR-code 2.

Scan me



GYM HOURS 07:00 - 22:00 (Unsupervised)



MONDAY

MORNING

8:00	MORNING STRETCH & CORE with Jennifer @Pink Platform
8:00	POWERWALK 45MIN with Freja. Meet @Reception
9:00	WOD with Freja @WOD Box. Sign up in booking app.
9:00	KIDS FOTBALL-TENNIS Meet @Tennis1
10:00	SOCIAL TENNIS meet at @Reception. Sign up in booking app.
10:00	FULL BODY WORKOUT with Freja @WOD Box
10:00	SOCIAL BASKETBALL @Multicourt
11:00	FAMILY WORKOUT with Freja @Pink Platform
11:00	BODYWEIGHT WORKOUT with Olle @Multicourt

AFTERNOON

15:30	AQUA with Olle & Linus @Pool
16:00	SOCIAL FOOTBALL - ALL AGES with Olle @Multicourt
16:00	SOCIAL VOLLEYBALL @Volleyball court
16:00	CARDIO ATTACK with Linus @WOD Box
17:00	FITNESS FAMILY BOXING with Olle @Pink Platform
17:00	SOCIAL PICKELBALL Meet @Tennis1. Sign up in booking app.
17:00	TEAM WOD with Agnes @WOD Box. Sign up in booking app.
18:00	STRETCH & RELAX with Olle @Pink Platform
18:00	FOAM ROLLING with Agnes @WOD Box. Sign up in booking app.

ADDITIONAL SPORTS

GRAVEL BIKE all activities sign up @ Cycle Centre day before ride

09:00 - 12:00	Sign up for tomorrows ride and rent a bike
15:00 - 18:00	Sign up for tomorrows ride and rent a bike

KAYAK/SUP Sign up all activities @booking app

11:00	SUP INTRO LESSON (45mins)
12:00	SMALL KAYAK TOUR (45min)

PADEL Sign up all activities @booking app

9:00	BEGINNER LESSON
10:00	KIDS PADEL LESSON
11:00	INTERMEDIATE LESSON
17:00	SOCIAL PADEL



TUESDAY

MORNING

- 8:00 **INDOOR SPINNING** with Jennifer @Indoor spin studio. Sign up in booking app.
- 8:00 **MORNING STRETCH & CORE** with Freja @Pink Platform
- 8:00 **RUNNING INTERVALLS (5.30-6.0 pace)** with William. Meet @Reception
- 9:00 **STRENGTH, BALANCE AND STABILITY** with Jennifer @Small Pink Platform
- 9:00 **WOD** with Freja @WOD Box. Sign up in booking app.
- 9:00 **SOCIAL TENNIS** meet at @Reception. Sign up in booking app.
- 10:00 **FAMILY WORKOUT** with Freja @Pink Platform
- 10:00 **SWIM AND RUN** with William. Meet @Reception
- 11:00 **GYMNASTIC SKILLS - HANDSTAND WORKSHOP** with Freja @Pink Platform
- 11:00 **KIDS OLYMPICS** with Jennifer @WOD Box

ADDITIONAL SPORTS

GRAVEL BIKE all activities sign up @ Cycle Centre day before ride

- 8:30 **RIDE 20km Rolling Hills (Beginner)**
- 15:00 - 18:00 **Sign up for tomorrows ride and rent a bike**

KAYAK / SUP Sign up all activities @BOOKING APP

- 12:00 **SMALL KAYAK TOUR (45min)**
- 14:00 **SUP INTRO LESSON (45mins)**

AFTERNOON

- 15:30 **AQUA** with Olle @Pool
- 16:00 **STRENGTH ENDURANCE** with Olle @WOD Box
- 16:00 **MOBILITY** with Agnes @Pink Platform
- 16:00 **EXPLODE & PERFORM - PLYO** with Linus @Multicourt
- 17:00 **SOCIAL VOLLEYBALL** @Volleyball court
- 17:00 **DANCE** with Katerina @Pink Platform
- 17:00 **SOCIAL FOOTBALL - ALL AGES** @Multicourt
- 17:30 **MINIDISCO** with Polly & Mino @POOLBAR
- 18:00 **TEAM WOD** with Agnes @WOD Box. Sign up in booking app.
- 18:00 **STRETCH & RELAX** with Katerina @Pink Platform
- 18:15 **EVENING JOG (6-6.30 pace)** with Olle. Meet @Reception

PADEL Sign up all activities @BOOKING APP

- 10:00 **BEGINNER LESSON**
- 11:00 **INTERMEDIATE LESSON**
- 15:00 **KIDS PADEL**
- 18:00 **SOCIAL PADEL**
- DIVING**



WEDNESDAY

MORNING

- 8:00 **MORNING STRETCH & CORE** with Olle @Pink Platform
- 8:00 **WOD CONDITIONING** with Agnes @WOD Box. Sign up in booking app.
- 9:00 **FOAM ROLLING** with Olle @WOD Box. Sign up in booking app.
- 9:00 **SOCIAL TENNIS** meet at @Reception. Sign up in booking app.
- 9:00 **HIIT 30MIN** with Agnes @Multicourt
- 10:00 **FITNESS FAMILY BOXING** with Olle @Pink Platform
- 10:00 **FULL BODY WORKOUT** with Jennifer @WOD Box
- 11:00 **SOCIAL FOOTBALL - ALL AGES** @Multicourt
- 11:00 **YIN YOGA** with Agnes @Pink Platform
- 11:00 **POWER CIRCUIT** with Linus @WOD Box

AFTERNOON

- 15:30 **AQUA FUN** with Freja @Pool
- 16:00 **KIDS WORKOUT** with Jennifer @WOD Box
- 16:00 **HANDSTAND WORKSHOP** with Freja @Pink Platform
- 16:00 **BEACH TABATA** with Lucie @Beach
- 17:00 **BODYWEIGHT WORKOUT** with Jennifer @Pink Platform
- 17:00 **SOCIAL BASKETBALL** @Multicourt
- 18:00 **STRETCH & RELAX** with Freja @Pink Platform

ADDITIONAL SPORTS

GRAVEL BIKE all activities sign up @ Cycle Centre day before ride

- 8:30 **TOP OF LIMNOS 45K** (Advance level)
- 15:00 - 18:00 **Sign up for tomorrows ride and rent a bike**

KAYAK / SUP Sign up all activities @BOOKING APP

- 11:00 **SUP INTRO LESSON (45mins)**
- 12:00 **SMALL KAYAK TOUR (45min)**

PADEL Sign up all activities @BOOKING APP

- 10:00 **BEGINNER LESSON**
- 16:00 **INTERMEDIATE LESSON**
- 17:00 **KIDS PADEL**
- 18:00 **SOCIAL PADEL**

KARAOKE NIGHT @POOL BAR



THURSDAY

MORNING

- 8:00 **POWERWALK TO CASTLE OF MYRINA 1,5H** with Jennifer. Meet @Reception
- 8:00 **MORNING STRETCH & CORE** with Agnes @Pink Platform
- 9:00 **WOD** with Freja @WOD Box. Sign up in booking app.
- 9:00 **SOCIAL TENNIS** meet at @Reception. Sign up in booking app.
- 10:00 **FAMILY BOOTCAMP** with Jennifer @Pink Platform
- 10:00 **KETTLEBELL** with Agnes @WOD Box. Sign up in booking app.
- 11:00 **MOBILITY** with Agnes @Pink Platform
- 11:00 **SOCIAL FOOTBALL** @Multicourt
- 11:00 **HIIT** with Freja @WOD Box

AFTERNOON

- 15:30 **AQUA FUN** with Freja & Linus @Pool
- 16:00 **FULL BODY & CORE** with Jennifer @WOD Box
- 16:00 **FAMILY ADVENTURE RACE** with Agnes @Multicourt
- 16:00 **BODYWEIGHT TABATA** with Lucie @Pink Platform
- 17:00 **TEAM WOD** with Agnes @WOD Box. Sign up in booking app.
- 17:00 **FULL BODY STRENGTH** with Freja @Multicourt
- 17:00 **SOCIAL PICKELBALL** Meet @Tennis!. Sign up in booking app.
- 18:00 **STRETCH & RELAX** with Freja @Pink Platform
- 18:00 **EVENING RUN 8-10KM - (5.30 pace)** with William @Reception

ADDITIONAL SPORTS

GRAVEL BIKE all activities sign up @ Cycle Centre day before ride

9:00 **RIDE 40KM ROAD MAXIMUM ATTACK**

15:00 - 18:00 **Sign up for tomorrows ride and rent a bike** **PADEL** Sign up all activities @Reception

KAYAK / SUP Sign up all activities @Reception

11:00 **SUP INTRO LESSON (45mins)**

12:00 **SMALL KAYAK TOUR (45min)**

10:00 **INTERMEDIATE LESSON**

11:00 **BEGINNER LESSON**

18:00 **SOCIAL PADEL**



FRIDAY

MORNING

- 8:00 **MORNING YOGA** with Agnes @Pink Platform
- 8:00 **POWERWALK 30MIN** with Freja. Meet @Reception
- 9:00 **SOCIAL TENNIS** meet at @Reception. Sign up in booking app.
- 9:00 **POWER CIRCUIT** with Linus @WOD Box
- 10:00 **WOD CONDITIONING** with Agnes @WOD Box. Sign up in booking app.
- 10:00 **KIDS WOROUT** with Freja @Pink Platform
- 10:00 **SOCIAL PICKELBALL** Meet @Tennisl. Sign up in booking app.
- 11:00 **FOAM ROLLING** with Agnes @WOD Box. Sign up in booking app.
- 11:00 **FITNESS FAMILY BOXING** with Olle @Pink Platform

AFTERNOON

- 15:00 **HIIT** with Agnes @WOD Box
- 15:30 **AQUA** with Freja @Pool
- 16:00 **FAMILY BOOTCAMP** with Olle @Pink Platform
- 16:00 **WOD EVENT 1,5H** @WOD Box. Sign up in booking app.
- 17:00 **SOCIAL FOOTBALL** @Multicourt
- 17:30 **KIDS POOL DISCO** with Polly & Mino @Pool
- 18:00 **SWIM AND RUN** with William. Meet @Reception
- 18:00 **STRETCH & RELAX** with Freja @Pink Platform

GRAVEL BIKE all activities sign up @ Cycle Centre day before ride

- 8:30 **RIDE 15km Explore Myrina** (beginner level)
- 15:00 - 18:00 **Sign up for tomorrows ride and rent a bike**

KAYAK / SUP Sign up all activities @Reception

- 12:00 **SMALL KAYAK TOUR (45min)**
- 14:00 **SUP INTRO LESSON (45mins)**

PADEL Sign up all activities @Reception

- 11:00 **KIDS PADEL**
- 15:00 **INTERMEDIATE LESSON**
- 16:00 **BEGINNER LESSON**
- 18:00 **SOCIAL PADEL**



SATURDAY

MORNING

8:00 **MORNING YOGA** with Jennifer @Pink Platform

8:00 **INDOOR SPINNING** with Freja @Indoor spin studio. [Sign up in booking app.](#)

9:00 **SOCIAL TENNIS** meet at @Reception. [Sign up in booking app.](#)

10:00 **WOD** with Freja @WOD Box. [Sign up in booking app.](#)

10:00 **KIDS WORKOUT** with Olle @Pink Platform

11:00 **STRENGTH ENDURANCE** with Olle @WOD Box

11:00 **TABATA** with Lucie @Multicourt

GRAVEL BIKE [all activities sign up @ Cycle Centre day before ride](#)

8:30 **RIDE WEST TO EAST ROAD 60KM** (high pace - very advanced level)

KAYAK / SUP [Sign up all activities @Reception](#)

12:00 **SMALL KAYAK TOUR (45min)**

14:00 **SUP INTRO LESSON (45mins)**

AFTERNOON

15:30 **AQUA PARTY** with Sports team @Pool

15:00 - 17:00 **FOOTBALL TOURNAMENT** @Multicourt. [Sign up in booking app.](#)

16:00 **CARDIO ATTACK** with Olle @WOD Box

16:00 **STRENGTH, BALANCE AND STABILITY** with Jennifer @Pink Platform

16:00 **SOCIAL VOLLEYBALL** @Volleyball court

17:00 **SOCIAL BASKETBALL** @Multicourt

17:00 **STRETCH & RELAX** with Olle @Pink Platform

PADEL [Sign up all activities @Reception](#)

10:00 **INTERMEDIATE LESSON**

11:00 **BEGINNER LESSON**

17:00 **PADEL TOURNAMENT OPEN Americano!**

OPENING HOURS

FITNESS CENTRE

07.00 – 22.00

Unsupervised

SPORT SHOP

Sunday 12:00 – 18:00

Mon–Sat 10.00 – 16.30

BIKE CENTRE

SUNDAY CLOSED

Book your ride at 8:00–09:30 on Monday

Mon – Sat 15:00 – 18:00

Book your Bike ride or rent a bike

BEACH STATION

SUNDAY CLOSED

Mon–Sat 10:00–16:30

PADEL/TENNIS courts

8.00 – 22.00

Reserve @
SportShop

after 16.30 reserve @Reception

SWIMMING POOL

10:00 – 18:00

Swimming out of opening
hours of the pool is at own
risk!

porto myrina **play**
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PADEL TOURNAMENT

SATURDAY 17:00

SIGN UP & MEET US AT THE PADEL COURTS!



SPRITZ, BEERS
SOFT DRINKS & MUSIC

JOIN EVEN IF YOU DON'T PLAY!



WOD

WOD (Workout of the Day) CrossFit-inspired training involves high-intensity workouts that combine elements of weightlifting, cardio, and functional movements to improve overall strength and conditioning.

GYMNASTIC SKILLS - WORKSHOP

WOD focuses on bodyweight strength and skills like pull-ups, handstands, and muscle-ups, enhancing athleticism, coordination, and flexibility. Suitable for all fitness levels.

WEIGHTLIFTING

Technical class focusing in the technique of the Olympic lifts: Snatch and clean & jerk. We only workout with barbells in this class!

CARDIO ENDURANCE

A cardio endurance class involves a mix of aerobic exercises like running, cycling, and jumping, with intervals of varying intensity. It aims to improve heart health and stamina.

BOOTYBURN

Build strong and nice-looking glutes. Session focusing on exercises like hip thruster, glutes bridge and we are working with minibands.

POWER CIRCUIT

Power circuit combines various full-body movements to strengthen your entire body. You'll move through different stations, making it an ideal workout for everyone—from complete beginners to seasoned pros.

CORE OR ABS ATTACK

An all-abs workout! We target all out core muscles during this class! Be ready to feel the burn!

MOBILITY

Dynamic stretching at its best. It combines mobility exercises that increase the range of movements and motions your body can perform. These include flexibility, but also balance, pliability and strength. The full combination is the best way to avoid injury.

BOOTCAMP

Hill sprints, penalty burpees and team-efforts are just some of the things included in this military-like training. Do you have the guts to try it?

TABATA

Tabata follows a HIIT format: 20 seconds of intense exercise, 10 seconds of rest, repeated for 8 rounds. It boosts cardiovascular fitness and burns calories efficiently, suitable for all fitness levels.

DANCE

A dance class that combines Latin and international music with energetic dance moves for a fun workout that improves cardiovascular health, coordination, and overall fitness. Suitable for all fitness levels.

STRENGTH CIRCUIT

A strength class builds muscular strength and endurance using weights, resistance bands, and bodyweight exercises. It targets all major muscle groups and suits all fitness levels.

FULL BODY WORKOUT

A full-body workout targets all major muscle groups using compound and isolation exercises, starting with a warm-up and followed by strength training to build overall fitness.

UPPER BODY

An upper body class focuses on strengthening and toning the chest, back, shoulders, and arms through various exercises. Suitable for all fitness levels.

LOWER BODY

Lower body focused training mainly targeting hips, hamstrings, abductors, adductors. 100% burn guarantee and you will probably feel like one of the Kardashians after 😊. LET'S GO!

FUNCTIONAL

Functional training focuses on compound exercises, a type of exercise that recruits multiple muscles and joints together. Movements performed in your day-to-day life, like squatting, hinging pulling and pushing etc.

A SWEDISH FEMKAMP

Femkamp means five challenges and we are doing 5 sweaty, but funny, games. This is a team spirit class with the pre-midsummer feeling going strong!

BEAST-WOD CHALLENGE

Try your fitness in three CrossFit-inspired events. The top two men and women will advance to the final round. Anyone can join, and there's a prize for the winner. Don't miss out, come and have fun!

FOAMROLLING

Release muscle tension with the help of a foam roller. A foam roller is a lightweight, cylindrical tube of compressed foam. It may be used for many reasons, including increasing flexibility, reducing soreness, and eliminating muscle knots. Foam rolling is a method of self-myofascial release (SMR)

STRETCH & RELAX

Come and join this calming and relaxing stretch class. A good way to end the day after workouts or after a tough day at the beach/pool! Award your body with some relaxation and stretch!

HIIT

High Intensity Interval Training, do we need to say more? A full body workout that will get your heart pumping and your sweat dripping.

KETTLEBELL

A cast-steel ball with a handle attached to the top. It is used to perform many types of exercises, including ballistic exercises that combine cardiovascular, motion, strength and flexibility training. We go through the technique in the standard movements like swings, clean & press, snatch, get ups and so on... and then we finish off with an all-kettlebell workout.

MORNING STRETCH AND CORE

A full body wake up stretch combined with core strengthening exercises. Suitable for everybody - name a better way to start your day!

SWIM & RUN

Your kickstart towards becoming a triathlete. We combine intervals of running with swimming. Make sure you have clothing that you can jump straight into the water with and bring your best energy.

SPEED AND POWER

The true hockeyplayer workout. We practise to jump high, strengthen our muscles for specific movements and work on our agility. Work hard - play hard!

FITNESS BOXING

In fitness boxing we are working in pairs with gloves and mitts. We practise different types of punches and combine them in the full group at the end. You are Rocky for 45 minutes and walk away tired and happy!

SPIN CLASSES

If you have signed up for our spin classes you will find us in the Indoor Spin Studio located by the Multicourt. (Same building as Polly and Mino)

You need to be there **5 minutes** before the start time to be able to get help to set up your bike and get ready to GO

For the spinning bikes, you can use normal trainers or SPD MTB clips. We can't offer you any other pedals. Feel free to bring your own pedals 10 minutes before the class and we will help you to swap them.

Please make sure you do this before you show up.
See how below:

•Download the app **"BODYBIKE"** for android or IOS

- Choose the "sign up for free"
- Fill in your information (Height, Body weight, Gender, Birthday, Cardio hrs per week, Max heart rate- an estimate is 220 minus your age, FTP- Functional Threshold Power)
- Turn on the Bluetooth
- Start pedaling and choose "Connect"
 - You will now be able to connect to your bike number

You are now ready for your spinning class, enjoy!





FIND YOUR FTP

HOW IT WORKS

- (1) Choose sex, (2) find your training level based on effective cycling hours per week,
- (3) find your age, (4) find your weight. If it is more than your ideal weight, you should go with your ideal weight.



AGE



WEIGHT



FTP

LEVEL 1 - MEN

1-3 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	125	122	119	116	113	110	107	104
55	137	134	131	128	125	122	119	116
60	150	146	142	138	134	130	126	122
65	162	158	154	150	146	142	138	134
70	175	171	167	163	159	155	151	147
75	187	182	177	172	167	162	157	152
80	200	195	190	185	180	175	170	165
85	212	207	202	197	192	187	182	177
90	225	219	213	207	201	195	189	183
95	237	231	225	219	213	207	201	195
100+	240	234	228	222	216	210	204	198

LEVEL 1 - WOMEN

1-3 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	100	98	95	93	90	88	85	83
55	110	107	104	101	98	95	92	89
60	120	117	114	111	108	105	102	99
65	130	127	124	121	118	115	112	109
70	140	137	134	131	128	125	122	119
75	150	146	142	138	134	130	126	122
80	160	156	152	148	144	140	136	132
85	170	166	162	158	154	150	146	142
90	180	176	172	168	164	160	156	152
95	190	185	180	175	170	165	160	155
100+	200	195	190	185	180	175	170	165

LEVEL 2 - MEN

3-5 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	150	146	142	138	134	130	126	122
55	165	161	157	153	149	145	141	137
60	180	176	172	168	164	160	156	152
65	195	190	185	180	175	170	165	160
70	210	205	200	195	190	185	180	175
75	225	219	213	207	201	195	189	183
80	240	234	228	222	216	210	204	198
85	255	249	243	237	231	225	219	213
90	270	263	256	249	242	235	228	221
95	285	278	271	264	257	250	243	236
100+	300	293	286	279	272	265	258	251

LEVEL 2 - WOMEN

3-5 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	125	122	119	116	113	110	107	104
55	137	134	131	128	125	122	119	116
60	150	146	142	138	134	130	126	122
65	162	158	154	150	146	142	138	134
70	175	171	167	163	159	155	151	147
75	187	182	177	172	167	162	157	152
80	200	195	190	185	180	175	170	165
85	212	207	202	197	192	187	182	177
90	225	219	213	207	201	195	189	183
95	237	231	225	219	213	207	201	195
100+	240	234	228	222	216	210	204	198

LEVEL 3 - MEN

5-8 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	175	171	166	162	157	153	148	144
55	193	188	183	178	173	168	163	158
60	210	205	200	195	190	185	180	175
65	227	222	216	211	205	200	194	189
70	245	239	233	227	221	215	209	203
75	262	255	248	241	234	227	220	213
80	280	273	264	257	250	243	236	229
85	297	290	283	274	267	260	253	246
90	315	307	299	291	283	275	267	259
95	332	324	316	308	300	292	284	276
100+	350	341	332	323	314	305	296	287

LEVEL 3 - WOMEN

5-8 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	138	135	131	128	124	121	117	114
55	151	147	143	139	135	131	127	123
60	165	161	157	153	149	145	141	137
65	179	175	170	166	161	157	152	148
70	193	188	183	178	173	168	163	158
75	206	201	196	191	186	181	176	171
80	220	215	209	204	198	193	187	182
85	234	228	222	216	210	204	198	192
90	248	242	236	230	224	218	212	206
95	261	254	247	240	233	226	219	212
100+	275	268	261	254	247	240	233	226

LEVEL 4 - MEN

8+ hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	200	195	190	185	180	175	170	165
55	220	215	210	205	200	195	190	185
60	240	234	228	222	216	210	204	198
65	260	254	248	242	236	230	224	218
70	280	273	266	259	252	245	238	231
75	300	293	286	279	272	265	258	251
80	320	312	304	296	288	280	272	264
85	340	332	324	316	308	300	292	284
90	360	351	342	333	324	315	306	297
95	380	371	362	353	344	335	326	317
100+	400	390	380	370	360	350	340	330

LEVEL 4 - WOMEN

8+ hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	150	146	142	138	134	130	126	122
55	165	161	157	153	149	145	141	137
60	180	176	172	168	164	160	156	152
65	195	190	185	180	175	170	165	160
70	210	205	200	195	190	185	180	175
75	225	219	213	207	201	195	189	183
80	240	234	228	222	216	210	204	198
85	255	249	243	237	231	225	219	213
90	270	263	256	249	242	235	228	221
95	285	278	271	264	257	250	243	236
100+	300	293	286	279	272	265	258	251

