



## WELCOME

Hello and welcome to Levante - 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 Levante.

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!

## SPORTSPROGRAM

Here at Levante we offer a wide selection of activities, sure to suit everyone, from professional athletes to those looking to enjoy some training and try some new sports.

Each week we have an updated sports program, including all of the fitness activities we will offer each day. To access this you can scan our QR code, and it is also posted on our sports notice boards, located at the tennis courts and next to the children's pool.

### FITNESS CLASSES

In order to participate in these activities please note you may have to book in advance. Our schedule is colour coded, indicating if pre-booking is required or not.

Colour codes

- **Black** – All activities in black do not require pre-booking. Simply arrive at the designated location on time!
- **Blue** – This indicates that the activity will be with one of our many guest instructors we will be hosting. No pre-booking required.
- **Red** – All events in red print must be pre-booked and can only be booked up to 1 day in advance.
- **Green** - All activities are kids & family friendly.

### WHERE TO FIND YOUR CLASS

With beautiful scenery and great weather here at Levante, we host our fitness classes and activities outdoors, with several training areas around the hotel. To find your class location it will be indicated on the sports program with each activity.

Our CrossFit and functional classes will generally be at our brand new WOD box, located beside the tennis courts. This will be indicated as follows: @WOD Box

Many of our classes such as HIIT and pump and tone will be held at our Pink Platform, located next to the beachfront. This will be indicated as follows: @Pink Platform

For our yoga and relaxation classes, the yoga shala is the perfect place to enjoy the views and unwind.

This is also located next to the beachfront. This will be indicated as follows: @ Yoga Shala. If you're still unsure of the location



## BIKE CENTER

A great way to explore the island of Rhodes is on two wheels! We are proud to offer a multitude of great cycling routes to improve your fitness while taking in the local scenery. Our experienced bike guides offer a selection of guided bike rides, which are colour coded for different levels so there's something for everyone, from triathletes and cyclists to novices.

Our bike rides are graded using the following colour codes:

**Green:** These are perfect for beginners or those looking for a more gentle trip. These range from 5-15km and are an excellent way of seeing the local area at a nice pace, and you'll even get a chance to stop for a coffee (or cocktail) along the way!

**Blue:** These routes offer a little more challenge, ranging from 10-25km with some climbs and mixed terrain.

**Red:** For those of you with more experience and looking for a challenging morning on the bike, our red routes range from 25-50km. With elevation changes and fantastic views you'll be challenged but rewarded with a fantastic trip.

**Black:** One for the cycling enthusiasts and our triathletes, these routes will challenge you technically, with tough climbs that will push you, with elevations that can reach over 1000m. Ranging from 40-100km these are not to be missed!

**Free riding** is available everyday 08:00-18:00 every day.

Both Road & mountain bikes are available. You will be provided with a spares pack & contact card in case of emergency. Please bring closed toe shoes & water, we provide the bottles, gloves & helmets. All routes can be found on the Strava app - search for 'Neilson Levante Bike Team'

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*With a guided ride, you will be guaranteed a bike for the ride, but not guaranteed a particular size. If you would like to reserve a bike for the day/ week, please speak to the bike team who can advise you on the premium bikes that come with an **extra charge***

## TENNIS

The wonderful tennis coaches provide a host of training opportunities to help improve your game. There are free group sessions everyday with our qualified coaches, which are color coded based in your playing level.

Kids Aged 15+ can attend unaccompanied, children between the ages 12-14 need to be accompanied by a parent. Any child aged 11 and under cannot participate in these sessions, however a session will be put on for them, please contact the tennis team for further information.

Group coaching is divided into four levels as follows:

**Green:** For beginners who want to learn the basics and get started.

**Blue:** An intermediate group who have played before and are confident in a rally.

**Red:** This is aimed at more advanced, confident players who play competitively at home.

**Black:** This advanced group is for those playing high level club tennis.

Private, one-on-one sessions are also available, these can be booked by speaking to one of the tennis coaching team.

To book tennis courts for free play please book at:

Reception:

Group tennis sessions do not need to be booked, just attend!

## BEACHFRONT

Situated at the beach, the Levante Beach team provides the opportunity to get on the water and try a variety of activities; Sailing, Windsurfing, Wing surfing, Paddle boarding, Kayaking, Water ski and Wake boarding (at your request).

The Beach team provide tuition appropriate for Beginners and advanced water users.

Head down to the beach reception for more information!

Beach is open from 9:00 - 18:00 every day. Included is kayaking and paddleboard equipment.

Extra charge- Sailing, Windsurfing, Wing surfing, Waterski tows and Wake board tows plus all tuition.

For anyone looking to enjoy any of the activities down on the beach it is advised that you attend a beach safety briefing. At the beach safety briefing they will talk through equipment available, sailing area and safety information.

Beach safety briefing are:

- Saturday 11am
- Sunday 11am

## WHERE TO BOOK

**Fitness classes, swim lesson, Free play Tennis, Private padel court rental and Padel group classes** must be booked at our reception..  
The opening times for the booking your clauses 08.00-22.00

**Biking activities** must be booked at the bike centre.  
Open 08.00-18.00

**Waterfront activities** must be booked down at the beach .  
Open 7:30 – 14:30



## SPORTSHOP

Make sure to check out our sport shop! Located beside the main restaurant you can find everything you may need to take your activities to the next level.

We supply a wide range of 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 Playitas sportswear, accessories and merchandise to choose from to keep you looking good!

## SPIN CLASSES

You need to be there **10 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.

Some of our spin classes require you to download an app on your smart phone. Please make sure you do this before you show up. See how below:

- Download the app "Intelligent cycling" for android or IOS
- Choose the "sign up for free"
- Fill in your information

- 1.Height
- 2.Body weight
- 3.Gender
- 4.Birthday
- 5.Cardio hours per week
- 6.Max heart rate (an estimate is 220 minus your age)
- 7.Fill in your FTP (Functional Threshold Power)



*The instructor will be there to help you*

- Turn on the Bluetooth
- Start pedalling and choose "Connect"
  - 1.You will now be able to connect to your bike number
- Return to "Home" and choose "Ticket to ride"
  - 1.Your instructor will let you know your "ticket to ride"

*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



## SPORTS PROGRAM

SUNDAY 26th of May

### MORNING

- 08.00 MORNING YOGA @ Pink Platform
- 09.00 POWERWALK 45 min @ Pink Platform
- 09.00 FITNESS- X – WOD @ WOD box
- 10.00 CIRCUITE TRAINING @ WOD box
- 11.00 BOOTY @ Pink Platform
- 12.00 AQUA @ Main Pool

### AFTERNOON

- 15.00 CORE @ Pink Platform
- 16.00 SPINNING @ Yoga Shala
- 18.00 SUNSET YOGA @ Pink Platform

### ADDITIONAL CLASSES

#### SWIM

- 08:00 RED/ BLACK SWIM @SPORTS POOL
- 11:00 RED/ BLACK BACKSTROKE @ SPORTS POOL
- 11:30 GREEN/ BLUE BACKSTROKE @ SPORTS POOL
- 16:15 RED/ BLACK MEDLEY @ SPORTS POOL
- 17:15 SKILLS & DRILLS: INTRO TO FLY @ SPORTS POOL

#### PADEL

- 09.00 TRY PADEL
- 10.00 PADEL TRAINING BEGINNER
- 11.00 PADEL TRAINING INTERMEDIATE
- 15.00 SOCIAL PADEL MEXICANO
- 16.00 SOCIAL PADEL AMERICANO
- 17.00 SOCIAL PADEL MEXICANO

#### TENNIS @ Tennis center

(Ages 15 + 12 – 15 with adult present)

- 08.30 RED GROUP SESSION
- 09:30 BLACK GROUP SESSION
- 10:30 GREEN GROUP SESSION
- 11:30 BLUE GROUP SESSION
- 15.00 RED BLUE CATCH UP
- 16.00 SUPERDRILLS \*\*extra charge\*\*
- 18.00 SOCIAL TENNIS 1hr

#### BIKES

- 08:30 RED ROAD 35KM
- 15:00 BLUE MTB 25KM

#### WATERFRONT

WINDSURF/ DINGHY AND WINDSURF KIT RENTAL extra charge

**Bike BOOK at BIKE Center 08:00 – 18:00**

**SUP and Kayak BOOK at BEACH Centre 09.00 – 18:00**

**Waterski/Wakeboard BOOK at SKI Villa 07:30 – 14:30**

Redmarks require pre booking @ sports booking. Classes with bluemarks are with our guest instructors Greenmarked classes are kids or family friendly classes

## SPORTS PROGRAM

MONDAY 27<sup>th</sup> of May

### MORNING

07.30 MORNING RUN 30 min @ Reception

( all levels are welcome)

08.00 HATHA YOGA @ Pink Platform

09.00 POWERWALK 45 min @ Pink Platform

09.00 **FITNESS - X-WOD @ WOD box**

10.00 BOOTY @ Pink Platform

11.00 CIRCUIT @ Pink Platform

11.00 **ENDURANCE @ WOD box**

With Ronny

12.00 AQUA @ Main Pool

### TENNIS @ Tennis center

(Ages 15 + 12 – 15 with adult present)

07:30 FIT FOR TENNIS

08:30 BLACK TENNIS

09:30 RED TENNIS

10:30 BLUE TENNIS

11:30 GREEN TENNIS

15:00 RED/ CATCH UP

16:30 COACHES EXHIBITION

17:00 JUNIOR ACADEMY

18:00 SIPS N HITS 18+

### AFTERNOON

15.00 WATERPOLO @ Main Pool

15.00 **KETTLEBELL WORKOUT @ WOD box**

With Ronny

16.00 **FITNESS- X-WOD box** With Ronny

16.00 PILATES @ Pink Platform

17.00 CORE @ Pink Platform

18.00 STRETCH AND RELAX @ Pink Platform

### ADDITIONAL CLASSES

#### WATERFRONT

**WINDSURF/ DINGHY AND WINDSURF KIT RENTAL extra charge**

#### PADEL

09.00 TRY PADEL

10.00 PADEL TRAINING BEGINNER

11.00 PADEL TRAINING INTERMEDIATE

15.00 SOCIAL PADEL AMERICANO BEGINNER

16.00 SOCIAL PADEL AMERICANO INTERMEDIATE

17.00 SOCIAL PADEL AMERICANO ADVANCED

#### BIKES

08:30 RED MTB 20KM

15:00 BLUE ROAD 24KM

**Bike BOOK at BIKE Center 08:00 – 18:00**

**SUP and Kayak BOOK at BEACH Centre 09.00 – 18:00**

**Waterski/Wakeboard BOOK at SKI Villa 07:30 – 14:30**

**Red marks** require pre booking @ sports booking. Classes with **blue marks** are with our guest instructors **Green marked** classes are kids or family friendly classes

# SPORTS PROGRAM

## TUESDAY 28th of May

### MORNING

07.30 MORNING RUN 30 min @ Reception

( all levels are welcome)

08.00 SLOW VINYASA YOGA @ Pink Platform

09.00 TABATA @ Pink Platform

09.00 FITNESS – X – HYROX @ WOD box

10:00 CORE @ Pink Platform

11.00 BOOTCAMP @ Reception

12.00 AQUA @ Main Pool

### AFTERNOON

15.00 SPINNING @ Yoga Shala

15.00 OLYMPIC LIFTING @ WOD box

With Ronny

16.00 FITNESS X-WOD @ WOD box

With Ronny

17.00 SUNSET YOGA @ Pink Platform

### ADDITIONAL CLASSES

#### SWIM

08:45 OPEN WATER SWIM 800M- BEACH

11:00 RED/BLACK BREASTROKE CLINIC @ SPORTS POOL

11:30 GREEN/ BLUE BREASTROKE CLINIC @ SPORTS POOL

#### SWIM

16:15 SKILLS & DRILLS INTRO TO TUMBLES @ SPORTS POOL

17:00 GREEN/ BLUE SWIM @ SPORTS POOL

17:45 MOBILITY SWIM @ SPORTS POOL

#### WATERFRONT

09:00 – 18:00 DINGHY AND WINDSURF

RENTAL AND TUITION AVAILABLE extra charge

#### TENNIS @ Tennis center

(Ages 15 + 12 – 15 with adult present)

08:30 RED TENNIS

09:30 BLACK TENNIS

10:30 GREEN TENNIS

11:30 BLUE TENNIS

15:00 BLUE/ RED TENNIS

16:00 SUPERDRILLS \*EXTRA CHARGE\*

17:00 JUNIOR ACADEMY

18:00 SOCIAL TENNIS

#### PADEL

09.00 SOCIAL PADEL AMERICANO BEGINNER

10.00 SOCIAL PADEL AMERICANO INTERMEDIATE

11.00 SOCIAL PADEL AMERICANO ADVANCED

15.00 PADEL TRAINING BEGINNER

16.00 PADEL TRAINING INTERMEDIATE

17.00 PADEL TRAINING ADVANCED

#### BIKES

08:30 RED MTB 20KM

09:45 RED ROAD 40KM

15:00 GREEN MTB 10KM

**Bike BOOK at BIKE Center 08:00 – 18:00**

**SUP and Kayak BOOK at BEACH Centre 09.00 – 18:00**

**Waterski/Wakeboard BOOK at SKI Villa 07:30 – 14:30**

Red marks require pre booking @ sports booking. Classes with blue marks are with our guest instructors Green marked classes are kids or family friendly classes

## WEDNESDAY 29th of May

### MORNING

07.30 MORNING RUN 30 min @ Reception

( all levels are welcome)

08.00 MORNING STRETCH @ Pink Platform

09.00 FITNESS- X – WOD @ WOD box

With Ronny

09.00 CORE @ Pink Platform

10.00 SPINNING @ Yoga Shala

11.00 HIIT @ WOD box

11.00 CIRCUITE TRAINING @ Pink Platform

12.00 AQUA @ Main Pool

### ADDITIONAL CLASSES

#### TENNIS @ Tennis center

(Ages 15 + 12 – 15 with adult present)

08:30 BLACK TENNIS

09:30 RED TENNIS

10:30 BLUE TENNIS

11:30 GREEN TENNIS

15:00 BLUE/ RED TENNIS

16:00 SUPERDRILLS \*EXTRA CHARGE\*

17:00 JUNIOR ACADEMY

18:00 SOCIAL TENNIS

#### BIKES

08:30 RED ROAD 45KM

09:45 BLACK MTB 20KM

15:00 BLUE ROAD 20KM

18:00 BIKE MAINTENANCE CLINIC @ BEACH

**Bike BOOK at BIKE Center 08:00 – 18:00**

**SUP and Kayak BOOK at BEACH Centre 09.00 – 18:00**

**Waterski/Wakeboard BOOK at SKI Villa 07:30 – 14:30**

### AFTERNOON

15.00 CARDIO ENERGY @Pink Platform

15.00 LOWER BODY @ WOD box

16.00 STRENGTH CLASS @ WOD box

With Ronny

17.00 EMOM @ WOD box

With Ronny

17.00 STRECTH AND RELAX @ Pink Platform

### SWIM

08:45 OPEN WATER SWIM 1.5KM @ BEACH

11:00 RED/ BLACK FRONTCRAWL @SPORTS POOL

11:30 GREEN/ BLUE FRONTCRAWL @ SPORTS POOL

17:00 SKILLS & DRILLS: BREATHWORK @ SPORTS POOL

17:30 GREEN/ BLUE MEDLEY @ SPORTS POOL

### PADEL

09.00 TRY PADEL

10.00 PADEL TRAINING BEGINNER

11.00 PADEL TRAINING INTERMEDIATE

15.00 SOCIAL PADEL AMERICANO

16.00 SOCIAL PADEL AMERICANO

17.00 SOCIAL PADEL AMERICANO

**WATERFRONT WINDSURF/ DINGHY AND WINDSURF KIT RENTAL extra charge**

**KAYAK TO TOWN 09:30- 11:30 (SIGN UP AT BEACH)**



## SPORTS PROGRAM

### THURSDAY 30th of May

#### MORNING

07.30 MORNING RUN 30 min @ Reception

( all levels are welcome)

08.00 MOBILITY @ Pink Platform

09.00 TABATA @ Pink Platform

09.00 FITNESS X-WOD @ WOD box

10.00 ENDURANCE @ WOD box

With Ronny

11.00 KETTLEBELL WORKOUT @ WOD box

11.00 POWER PUMP @ Pink Platform

12.00 AQUA @ Main Pool

#### AFTERNOON

15.00 UPPERBODY @ WOD box

16.00 OLYMPIC LIFT @ WOD box

With Ronny

16.00 PILATES @ Pink Platform

17.00 HATHA YOGA @ Pink Platform

18.00 FITNESS X-WOD @WOD box

With Ronny

#### ADDITIONAL CLASSES

##### BIKES

08:30 BLACK ROAD 65KM

09:45 BLUE MTB 16KM

15:30 GREEN MTB 10KM

##### PADEL

10.00 PADEL TRAINING BEGINNER

11.00 PADEL TRAINING INTERMEDIATE

18.00 PADEL TOURNAMENT

##### WATERFRONT

09:30 – 18:00 DINGHY AND WINDSURF  
RENTAL extra charge

##### TENNIS @ Tennis center

(Ages 15 + 12 – 15 with adult present)

08:30 RED/ BLACK TOURNAMENT

10:30 GREEN/ BLUE TOURNAMENT

17:00 SUPERDRILLS \*EXTRA CHARGE\*

18:00 SOCIAL TENNIS

##### SWIM

08:30 OPEN WATER SWIM 2KM @ BEACH

11:00 RED/ BLACK SWIM @ SPORTS POOL

11:30 GREEN/ BLUE SWIM @ SPORTS POOL

17:15 SKILLS & DRILLS: DIVING

18:00 GREEN/ BLUE SWIM @ SPORTS POOL

Bike BOOK at BIKE Center 08:00 – 18:00

SUP and Kayak BOOK at BEACH Centre 09.00 – 18:00

Waterski/Wakeboard BOOK at SKI Villa 07:30 – 14:30

Red marks require pre booking @ sports booking. Classes with blue marks are with our guest instructors Green marked classes are kids or family friendly classes



# SPORTS PROGRAM

## FRIDAY 31<sup>th</sup> of May

### MORNING

07.30 MORNING RUN 30 min @ Reception

( all levels are welcome)

08.00 VINYASA YOGA @ Pink Platform

09.00 FITNESS – X – HYROX @ WOD box

09.00 CARDIO ENERGY @ Pink Platform

10.00 EMOM @ WOD box

With Ronny

10.00 SPINNING @ Yoga Shala

11.00 ENDURANCE @ WOD box @

With Ronny

11.00 STRONG FLOW YOGA @ Pink Platform

12.00 AQUA @ Main Pool

### BIKES

FREE RIDE DAY

### AFTERNOON

15.00 SOCIAL FOOTBALL @ Multicourt

15.00 CIRCUITE TRAINING @ Pink Platform

16.00 FITNESS X –WOD @ WOD box

17.00 STRECH AND RELAX @ Pink Platform

18.00 EMOM @ WOD box

With Ronny

### ADDITIONAL CLASSES

### WATERFRONT

09.00 DINGHY AND WINDSURF KIT RENTAL extra charge

### TENNIS @ Tennis center

(Ages 15 + 12 – 15 with adult present)

08:30 BLACK TENNIS

09:30 RED TENNIS

10:30 BLUE TENNIS

11:30 GREEN TENNIS

15:00 BLUE/ RED TENNIS

16:00 SUPERDRILLS \*EXTRA CHARGE\*

17:00 SOCIAL TENNIS

**Bike BOOK at BIKE Center 08:00 – 18:00**

**SUP and Kayak BOOK at BEACH Centre 09.00 – 18:00**

**Waterski/Wakeboard BOOK at SKI Villa 07:30 – 14:30**

Red marks require pre booking @ sports booking. Classes with blue marks are with our guest instructors Green marked classes are kids or family friendly classes



# SPORTS PROGRAM

## SATURDAY 1st of June

### MORNING

07.30 SATURDAY LONG RUN 90 min @ Reception

See poster before sign up

08.00 MORNING STRETCH @ Pink Platform

09.00 FITNESS – X – HYROX @ WOD box

09.00 POWERWALK 45 min @ Pink Platform

10.00 TABATA @ Pink Platform

10.00 SPINNING @ Yoga Shala

11.00 LOWERBODY @ WOD box

12.00 AQUA @ Main Pool

### AFTERNOON

15.00 SOCIAL FOOTBALL @ Multicourt

16.00 OLYMPIC LIFT @ WOD box

With Ronny

16.00 HIIT BOX @ Multicourt

16.00 ABS @ Pink Platform

17.00 STRETCH AND RELAX @ Pink Platform

18.00 FITNESS –X- HYROX @ WOD box

### BIKES

11:30 GREEN MTB 7KM

15:00 BLUE MTB 20KM

15:30 BLUE ROAD 15KM

### WATERFRONT

11:00 BEACH SAFETY BRIEFING

DINGHY/ WINDSURF HIRE AVAILABLE extra charge

### PADEL

09.00 TRY PADEL

10.00 PADEL TRAINING BEGINNER

11.00 PADEL TRAINING INTERMEDIATE

15.00 SOCIAL PADEL AMERICANO

16.00 SOCIAL PADEL AMERICANO

17.00 SOCIAL PADEL AMERICANO

### ADDITIONAL CLASSES

### SWIM

08:00 RED/ BLACK SWIM @ SPORTS POOL

11:00 RED/BLACK FRONTCRAWL @SPORTS POOL

11:30 GREEN/ BLUE FRONTCRAWL @SPORTS POOL

18:00 SOCIAL SWIM @ SPORTS POOL

### TENNIS @ Tennis center

(Ages 15 + 12 – 15 with adult present)

11:00 RED TENNIS

12:00 BLUE TENNIS

15:00 BLUE/ RED TENNIS

16:00 GREEN TENNIS

17:00 BLACK TENNIS

18:00 SOCIAL TENNIS

Bike BOOK at BIKE Center 08:00 – 18:00

SUP and Kayak BOOK at BEACH Centre 09:00 – 18:00

Waterski/Wakeboard BOOK at SKI Villa 07:30 – 14:30

Redmarks require pre booking @ sports booking. Classes with bluemarks are with our guest instructors Greenmarked classes are kids or family friendly classes



## SPORTS PROGRAM

SUNDAY 2nd of JUNE

### MORNING

- 07.30 MORNING RUN @ Reception
- 08.00 VINYASA SLOW FLOW @ Pink Plattform
- 09.00 FITNESS- X – WOD @ WOD box
- 09.00 BOOTY @ Pink Plattform
- 10.00 CORE @ Pink Plattform
- 11.00 KETTLEBELL WORKOUT @WOD box
- 12.00 AQUA @ Main Pool

### AFTERNOON

- 16.00 SPINNING @ Yoga Shala
- 16.00 UPPERBODY @ WOD box
- 17.00 FITNESS – X- HYROX @ WOD box
- 17.00 SUNSET YOGA @ Pink Plattform

### ADDITIONAL CLASSES

#### SWIM

- 08:00 RED/ BLACK SWIM @ SPORTS POOL
- 11:00 RED/ BLACK BACKSTROKE @ SPORTS POOL
- 11:30 GREEN/ BLUE BACKSTROKE @ SPORTS POOL
- 16:15 RED/ BLACK MEDLEY @ SPORTS POOL
- 17:15 SKILLS & DRILLS: INTRO TO FLY @ SPORTS POOL

#### PADEL

- 09.00 TRY PADEL
- 10.00 PADEL TRAINING BEGINNER
- 11.00 PADEL TRAINING INTERMEDIATE
- 15.00 SOCIAL PADEL AMERICANO
- 16.00 SOCIAL PADEL AMERICANO
- 17.00 SOCIAL PADEL AMERICANO

#### TENNIS @ Tennis center

(Ages 15 + 12 – 15 with adult present)

- 08.30 RED GROUP SESSION
- 09:30 BLACK GROUP SESSION
- 10:30 GREEN GROUP SESSION
- 11:30 BLUE GROUP SESSION
- 15.00 RED BLUE CATCH UP
- 16.00 SUPERDRILLS \*\*extra charge\*\*
- 18.00 SOCIAL TENNIS 1hr

#### BIKES

- 08:30 RED ROAD 35KM
- 15:00 BLUE MTB 25KM

#### WATERFRONT

WINDSURF/ DINGHY AND WINDSURF KIT RENTAL extra charge

**Bike BOOK at BIKE Center 08:00 – 18:00**

**SUP and Kayak BOOK at BEACH Centre 09.00 – 18:00**

**Waterski/Wakeboard BOOK at SKI Villa 07:30 – 14:30**

Redmarks require pre booking @ sports booking. Classes with bluemarks are with our guest instructors Greenmarked classes are kids or family friendly classes

## Functional Fitness with Ronny Christensen



### About Ronnie

I have been teaching martial arts and fitness for almost 20 years and I truly love helping people become the best version of themselves.

It gives me great joy when the training is not only effective, but also fun. Previously I worked for Playitas both in Greece and Fuerteventura.

On a daily basis, I juggle between my role as a it developer and my passion for daily training and crossfit competitions. It's a wonderful balance that keeps me energized and engaged. I look forward to sharing more training joy with you!

### Classes with Ronny



WOD  
KETTLEBELL  
OLYMPIC LIFTING  
ENDURANCE



STRENGTH  
EMOM  
FOAMROLLING

# ALBIN JAHA – PADEL COACH

**Greetings, fellow padel enthusiasts! Brace yourselves for a journey into the world of padel**, led by none other than yours truly, Albin Jaha, hailing from Höör, Sweden.

**About Me:** I'm not your typical padel player – think of me as the padel maestro you never knew you needed. Born and bred in Sweden, my passion for padel has been a lifelong affair.

**My Journey as a Padel Coach:** Armed with a racket and a dream, I embarked on a mission to share my padel prowess with the world. Fast forward, and I've spent more hours coaching on the court than I have sleeping!

**My Role as RS Padel Ambassador:** Curious about what it takes to become a padel sensation? Look no further – RS Padel saw my potential and dubbed me their official hype man – I mean, ambassador. Now, I'm spreading the padel love far and wide.



## Key Insights from Yours Truly:

- **Technique Mastery:** Grip it, rip it! Mastering the basics – from grip to footwork – is the foundation of a killer game.
- **Tactical Brilliance:** Think like a padel ninja! Outsmart your opponents with strategic plays and cunning moves.
- **Mental Toughness:** Keep your cool, even when the pressure's on. Padel is as much a mental game as it is physical

**Conclusion:** So, there you have it – the essence of padel, distilled into three simple rules, courtesy of yours truly, Albin Jaha. Let's hit the court and unleash our padel potential together!

Thanks for joining me on this exhilarating journey – remember, padel isn't just a game, it's a lifestyle filled with laughter, learning, and the occasional stray ball in the bushes!

**SEE YOU AT THE PADEL CLASSES**

# PADEL CLASSES & LESSONS

- **TRY PADEL TENNIS** : Ready to elevate your game? Try padel tennis! This dynamic sport combines the best of tennis and squash, offering fast-paced action and a social atmosphere. Perfect for players of all levels, padel is easy to learn but offers endless opportunities for strategy and skill development. Grab a paddle, hit the court, and experience the thrill of padel tennis today
- **PADEL TRAINING BEGINNER** : Looking to kickstart your padel journey? Join our beginner training sessions! Whether you're new to racquet sports or a seasoned athlete, our program offers a supportive environment to learn the basics and refine your skills. Get ready to improve your game, meet fellow enthusiasts, and have a blast on the court. Sign up for beginner padel tennis training now and take the first step : Ready to take your padel skills to the next level? Our intermediate trtowards mastering this exciting sport
- **PADEL TRAINING INTERMEDIATE** Training program is designed for players looking to refine their technique, enhance their strategy, and elevate their game. Led by experienced coaches, these sessions offer a mix of drills, match play, and tactical insights to help you reach your full potential on the court. Whether you're aiming to compete or simply improve, our intermediate padel training will challenge and inspire you. Join us and unleash your true padel prowess
- **PADEL TRAINING AMERICANO/MEXICANO**: Interested in mastering the Americano/Mexicano style of padel? Our specialized training program is tailored to help you excel in this exciting variation of the game. Led by expert instructors familiar with the unique strategies and techniques of Americano/Mexicano play, our sessions will sharpen your skills and deepen your understanding of this dynamic style. Whether you're aiming to dominate the court or simply explore a new approach, our Americano/Mexicano padel training will guide you towards success. Join us and unlock the secrets to victory in this thrilling adaptation of padel tennis!

**SIGN UP @ Reception – The group classes & lesson displayed on the sports program**



# OPENING HOURS

## BOOKINGS @ Reception

(Fitness classes, padel, swim classes and tennis courts)

08.00 – 22.00

**Fitness Center**

07.00 – 22.00

Unsupervised

**BIKE CENTRE**

08:00 – 18:00

**BEACH**

09.00– 18:00 everyday

**WATERSKI AND WAKEBOARD**

07:30 – 14:30 except Friday

# EVENING SOCIAL ACTIVITIES

## SIPS & HITS – MONDAY 18.30



### Sips & Hits

With a drink in one hand and a tennis racket in the other – the coaches will be hosting a variety of tennis games! A great social to mix and mingle with other likeminded guests!

## DISCO BINGO – MONDAY 21.30



### Disco Bingo

Bingo but with a musical twist! Like regular bingo, you've got to fill lines and full houses to win prizes. The difference is, instead of calling out numbers, we're playing songs which match those on the bingo cards.

## QUIZ NIGHT – WEDNESDAY 21.30



### Quiz Night

Let's get quizzical! Test your knowledge, as we host a fun-filled evening of trivia and brain-teasing questions. Plenty of fun to be had and prizes to be won!

## AWARDS NIGHT + LIVE MUSIC – THURSDAY 21.00



### Awards Night

Join us for an evening of camaraderie with the Playitas / Nilsen sports team! We're gathering on the terrace at 9:00 PM to celebrate the week's achievements in an uplifting prize ceremony. And right after the ceremony, the evening continues with live music! Be sure to be there so you don't miss out on this!

# PADEL TOURNAMENT

SEE THE SPORTS PROGRAM FOR DAY AND TIME



Come join our friendly padel tournament up at the courts.

All levels are welcome to join!

Sign-up in the sports booking SHOP.

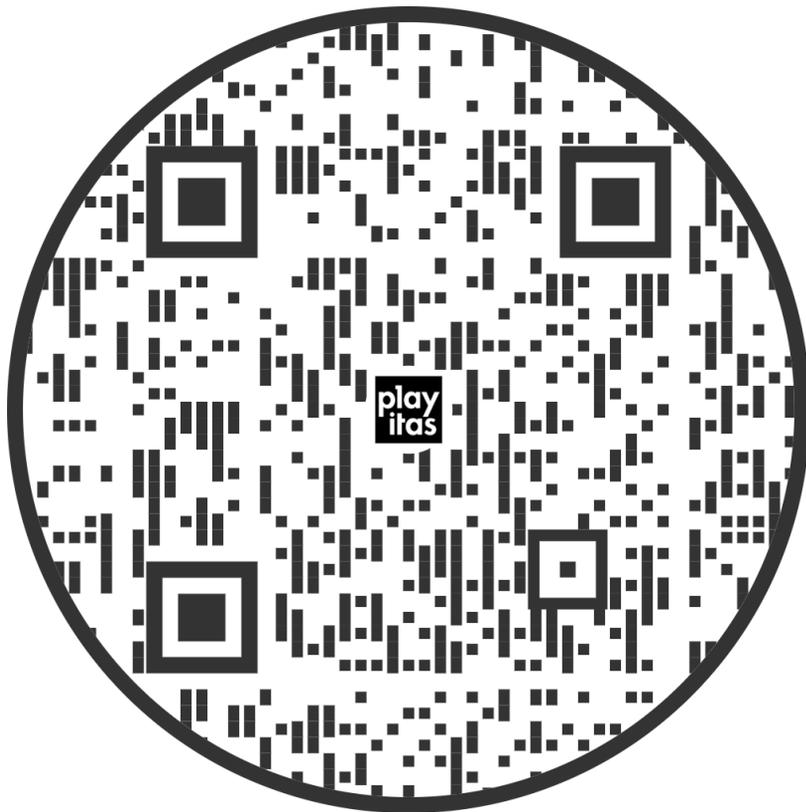
No partner needed.

If you don't feel like joining the competition, do not hesitate to come hangout on the side with us!

We're promising good vibes **ONLY!**

FOR INFO REGARDING THE SPORTS ACTIVITIES & SPORTS  
PROGRAM

PLEASE SCAN THE QR CODE BELLOW



# SATURDAY LONG RUN WITH HISHAM OR ALEX

Get ready for an invigorating 90-minute workout designed for those craving the perfect blend of long-distance running and breathtaking scenery! You'll be joined by one of our skilled coaches as you maintain a comfortable pace between 5 to 5.30 minutes per kilometer. Don't worry if you're unsure about keeping up – there's no harm in giving it a try! Remember, our group won't slow down, but that's all part of the challenge. And if you find the pace too intense, just remember, it's all about personal progress. But why not push yourself to see what you're capable of? And to keep your energy levels up, be sure to pack some energizing snacks and fluids. Ready to embark on this exhilarating journey? Sign up at the reception desk today



HISHAM



ALEX

# OPENING TIMES FOR THE BOOKINGS IS

## 08.00 – 22.00

Booking rules: You can only book your class on the same day or up to one day in advance.

It is only the **red marked** classes on the sports program that require pre-booking

# HISHAM SALEH- TRIATHLON COACH

Hesham Saleh, born on August 8, 1986, is no ordinary guy. With a degree in Business Administration, he dived into graphic design and web development. But his passion for swimming led him to triathlons, where he rocked the scene, winning gold in the national championship and making waves at the African championship.

Since 2019, he's dominated the national cycling championship, leading his team to victory and snagging individual first places twice. In 2020, he transitioned to coaching, earning certifications and guiding triathletes at GWSC club.

Highlights:

- First place at the triathlon African championship.
- Two-time first place in the national cycling cup.
- First place in the national cup three times.
- Multiple wins in the national triathlon championship and Sahl Hashes races.

Remember, behind Hesham's calm exterior lies a titan of triathlons, a cycling champ, and a coaching prodigy

You will find Hisham at the bike center, in the running classes, or by the 25-meter pool.

If you have any questions about endurance training, do not hesitate to reach out to Hisham



**YOGA (45-55min)** Yoga involves a series of postures, stretching and strengthening in combination with breathing and meditation techniques.

**MOBILITY MOVEMENT (30-45min)** We are taking care joints in this class where we focus on our full range of motion and slow and controlled movements. Like a stretch class - for your joints

**KETTLEBELL INTRO (45-55min)** A class where the focus is on the technique in the most common kettlebell exercises

**BOOTY & CORE (30-45min)** Why go to booty and core when you can get both in this class?

**FULL BODY CIRCUIT** Station-based workout with or without equipment designed to build your muscles and get you stronger!

**FOAMROLLER (30-45min)** A self massage class, releasing tension and increasing blood flow to the muscles

**X-WOD (45-55min)** Crossfit-inspired class that includes exercises with barbells, kettlebells, bodyweight, gymnastics etc. We often start with strenght and finish the class with a high intensity workout. All the exercises can be adapted to fit your fitness level

**CORE (30-45min)** An all-abs workout! We target all of our core muscles during this class!

**HIIT (30-45min)** High Intensity Interval Training – can be for strenght or conditioning

**BOOTY (30-45min)** A workout focused on our lower body that involves a lot of squatting, jumping and booty bands.

**KETTLEBELL WORKOUT (45- 55min)** A workout only with kettlebell- and bodyweight exercises!

**RUNNING DRILLS (30-45min)** Drills and exercises designed to improve your running technique.

**MORNING STRETCH (30-45min)** A great way to start your day with slow movements and stretches!

**SPIN (40-55min)** Indoor cycling/Spinning - if you like the burning feeling in your legs and the sweat dripping, this is the class for you.

**CIRCUIT** Station-based workout with or without equipment. You decide the intensity of the workout! Be ready to sweat!

**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

**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)

**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