

	15.00*	Social Tennis Tournament, blue/red, min 25 years	CT 1
Wednesday	10.00	Beach Volley Instr. + Social Tournament	Beach Volley CT
	20.00*	Mini-tennis Tournament, min 15 years	Badminton Hall
	20.00*	Table tennis Tournament	Badminton Hall

### Races & Challenges:

Saturday	17.15*	5 or 10 km race (running)	Stadium
Sunday	18.15	Concept II 2000m Rowing Challenge	Fitness Centre
Monday	07.45*	Duathlon (2,5km Run + 14,8km Bike + 2,5km Run)	Stadium
	14.00*	Aquathlon (200m swim + 3km run)	Olympic Pool
Tuesday	07.45*	½ Marathon (21,1 km run)	Stadium
	11.15	Club La Santa's Fitness Challenge	Fitness Centre
	17.00	Kayak race	Windsurf Station
Wednesday	07.45*	Mini-triathlon(400m Swim + 15,2km Bike + 4,4km Run)	Stadium
	14.00	Windsurf Race, green/ children	Windsurf Station
	15.00	Windsurf Race, red	Windsurf Station
	16.00	Windsurf Race, freestyle	Windsurf Station

### Social Events:

Friday	18.15*	Football Green Team vs. Guests, min 16 yrs	Stadium
Sunday	10.00	Body sculpting for girls, 15-18 years	Fitness
	11.30	Weight training for boys, 15-18 years	Fitness
	14.00	Family Beach Day	Beach
Monday	09.00	Football, 5-10 years	5-a-side
	10.30	Football, 11-16 years	5-a-side
	12.00	Football, adults	5-a-side
Tuesday	10.00	Bolas Tournament	Beach
	11.30	Compact Golf Competition	Compact Golf
	20.00*	Handball, min 16 years	Badminton Hall
Wednesday	09.00	Football, 5-10 years	Stadium
	10.30	Football, 11-16 years	Stadium
	12.00	Football, adults	Stadium
	18.30	Presentation of Diplomas	Square

### Boxing:

Monday	15.15-17.00*	Boxing, green (min. 16 years)	Boxing Ring
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### Bike Rides:

Sunday	09.15*	70-90 km Road Bike Tour, red	Bike Centre
Monday	10.30***	Mountain Bike Tour, 12 km green, min 15 yrs	Bike Centre
	14.15*	25 km Road Bike Tour, green	Bike Centre
Tuesday	09.15*	40-60 km Road Bike Tour, blue	Bike Centre

### Running:

Friday	08.15	Off Road Run, 8 km (5 min/km)	Bike Centre
Monday	08.15	Hill Run, 8 km (5 min/km)	Stadium
	14.30*	Bleep Test + Running school	5-a-side
Tuesday	17.10	Running Track Session	Stadium
Wednesday	18.10	Off Road Run, 12 km (5 min/km)	Bike Centre
Thursday	18.10	Hill Run, 8 km (5 min/km)	Stadium

## SPORTS ACTIVITIES

For all activities marked with an \*you sign up in the Sports Booking, activities marked with ☐ you sign up in the Fitness Centre ^sign up in the Wellness Centre \*\*sign up and pay in the Sports Booking and \*\*\*in the Guide Department \*\*\*\*in the Diving Centre

### Daily Activities:

Every day	08.00	Morning Gymnastics	Leisure Pool
	08.15	Morning Run, 2 km, 3 km, 4 km, 5 km	Stadium
	08.15	Morning Walk, 3 km	Stadium

### Tournaments:

Saturday	09.00*	Tennis Tournament, children	CT 1
	11.00*	Social Tennis Tournament, red+blue, min. age 25	CT 1
	15.00*	Social Badminton Tournament, min. age 25	Badm Hall
Sunday	16.15*	Beach Volley Tournament, min 14 years	Beach
Monday	10.00*	Squash Tournament, children	Squash CT 1
	11.00*	Squash Tournament, blue, min 16 years	Squash CT 1
	14.00*	Squash Tournament, red/green, min 16 yrs	Squash CT 1
	12.00*	Tennis Tournament, red, min 16 years	CT 1
	14.00*	Tennis Tournament, green, min 16 years	CT 1
	16.00*	Tennis Tournament, blue, min 16 years	CT 1
Tuesday	10.00*	Badminton Tournament, children	Badminton Hall
	12.00*	Badminton Tournament, blue, min 16 years	Badm. Hall
	14.00*	Badminton Tournament, red/green, min 16 yrs	Badm. Hall

### Aerobic/Stretch & Relax/Pilates/Fitball/Yoga/Tai Ji:

Friday	10.00	Step Interval, all levels	5-a-side
	11.00	Stretch & Relax, all levels	5-a-side
	17.00	Aerobic, beginners	5-a-side
	18.00	Pilates, all levels	5-a-side
Saturday	10.00	Latin Aerobics, all levels	5-a-side
	11.00*	Fitball training, all levels	5-a-side
	12.00	Yoga - bring towel	5-a-side
	15.45*	Deep Water Aqua	Olympic Pool
	16.15*	Deep Water Aqua	Olympic Pool
	17.00	Step, beginners	5-a-side
	18.00	Ballroom dancing, beginners	The Lawn
	18.00	Body toning, all levels	5-a-side
Sunday	09.00	Pilates, all levels	5-a-side
	10.00	Step, intermediate	5-a-side
	11.00*	Fitball training, all levels	5-a-side
	16.00	Streetdance, all levels	5-a-side
	17.00	Aerobic, intermediate	5-a-side
	18.00	Ballroom dancing, beginners	The Lawn
	18.00	Stretch & Relax, all levels	5-a-side
Monday	08.30	Taiji Qigong, beginners	The Lawn
	09.15	Taiji Qigong, intermediate	Tha Lawn
	10.00	Aerobic, beginners	The Lawn
	11.00	Stretch & Relax, all levels	The Lawn
	15.45*	Deep Water Aqua	Olympic Pool
	16.15*	Deep Water Aqua	Olympic Pool
	17.00	Thai Bo, all levels	5-a-side
	18.00	Body toning, all levels	5-a-side
Tuesday	09.00**	Taiji Qigong Workshop	Sports Booking
	10.00	Step, advanced	5-a-side
	11.00	Body toning, all levels	5-a-side
	12.00	Yoga - bring towel	5-a-side
	17.00	Aerobic, intermediate	5-a-side
	18.00	Ballroom dancing, intermediate	The Lawn
	18.00	Stretch & Relax, all levels	5-a-side
Wednesday	08.30	Taiji Qigong, beginners	The Lawn
	09.15	Taiji Qigong, intermediate	The Lawn
	10.00	Aerobic advanced	The Lawn
	11.00	Pilates, all levels	The Lawn
	17.00	Step, intermediate	5-a-side
	18.00*	Fitball training, all levels	5-a-side
Thursday	10.00	Circuit training, all levels	5-a-side
	11.00	Thai Bo, all levels	5-a-side
	12.00	Yoga - bring towel	5-a-side
	16.00	Stretch & Relax, all levels	5-a-side
	17.00	Step Latin, intermediate	5-a-side
	18.00	Pilates, all levels	5-a-side

● **AEROBICS:** Exercise to music, stimulating the aerobic capacity of the heart and lungs while burning fat. The classes are divided in beginners,

intermediate and advanced. ● **STEP:** Step training involves stepping up and down on a platform, and various combinations of simple movement. The classes are divided in beginners, intermediate and advanced. ● **THAI BO:** Thai Bo combines movements from various martial art techniques to form an exercise to music class training both aerobic capacity and strength endurance. ● **CIRCUIT TRAINING:** A circuit of exercises designed to train all components of fitness and muscle groups. Suitable for all levels. ● **BODYTONING:** Strengthening of various muscles of the body which are used for the movement of the skeletal system. This helps to improve the shape of the body and tone the muscles. ● **STRETCH & RELAX:** Flexibility training and relaxation. Movements are performed slowly and deep breathing techniques are used to improve the level of relaxation. ● **PILATES:** Core stability training, strengthens the abdominal muscles in a functional way, improving posture and alignment, circulation and strengthens weaker muscles. ● **FITBALL:** Core stability training on large Fitballs, strengthens the abdominal muscles in a functional way, improving posture and alignment. ● **YOGA :** Yoga Hatha, use breathing and your awareness to improve posture, increase flexibility, relieve tension and calm the mind. ● **TAIJI QIGONG:** Working with your inner energy to make you both physically and mentally stronger. The movements are performed slowly concentrating on the free flow of energy in the body. ● **DEEP WATER AQUA:** Although the class is held in the 2 meter deep Olympic pool you do not need to be an advanced swimmer for this class. You will wear an aqua belt which will keep you a float and with the use of the water as resistance and specialized equipment the class offers a non impact cardio and strength workout for all levels. ● **AQUA PARTY:** A fun exercise class in the leisure pool. Using movements to music and the water as your resistance you can achieve a whole body workout. ● **AB-ATTACK:** This is a ½ hour work-out on a mat, where we are using a wide range of exercises for abdominals, lower back and internal abdominals (core stabilizers). ● **BALLROOM DANCING (Cha-cha-cha, Jive, Waltz, etc.):** Ballroom dancing has been developed in the early 1600's and is nowadays number one form of dance among couples. It is a great way of making exercise fun, and it's an activity you can do together with your partner (you are also more than welcome to join the classes if you don't have a partner). Our instructors will teach you the popular dances such as; cha-cha-cha, jive, waltz, tango etc. on beginners and intermediate level.

### Fitness Bike:

In the Fitness Bike room in the Fitness Centre, —sign up in the Sports Booking. Min 15 years.

Friday	17.15*	Fitness Bike, beginners
	18.15*	Fitness Bike, intermediate
Saturday	17.15*	Fitness Bike, advanced
Sunday	18.00*	Fitness Bike Special (90 min), advanced
Monday	10.15*	Fitness Bike beginners
	11.15*	Fitness Bike, intermediate
Tuesday	17.15*	Fitness Bike beginners
	18.15*	Fitness Bike, intermediate
Wednesday	18.15*	Fitness Bike, advanced
Thursday	17.15*	Fitness Bike, beginners

18.15\*

Fitness Bike, intermediate

If you have booked onto a class (e.g. fitball, fitness bike or aqua fitness) you must arrive more than 5 minutes before to ensure your place and prepare your equipment. Otherwise your place might be taken by a guest on the waiting list.

## WEEKLY PROGRAM

### 03/10 Friday

Time	Activity	Meeting point
08.15	Off-road run, 8 km (5 min/km)	Bike Centre
09.00	Information tour/English	Sports Booking
10.00	Step Interval, all levels	5-a-side
11.00	Stretch & Relax, all levels	5-a-side
16.00	Information tour/Danish	Sports Booking
17.00	Aerobic, beginners	5-a-side
17.15*	Fitness Bike, beginners	Fitness
18.00	Pilates, all levels	5-a-side
18.15*	Fitness Bike, intermediate	Fitness
18.15*	Football: Green Team - Guests, min 16 yrs.	Stadium
Entertainment		
22.30-00.30	Adults Karaoke (min 18 years)	CLS Arena/Disco

### 04/10 Saturday

Time	Activity	Meeting point
09.00*	Tennis tournament, children	CT 1
09.55-16.30***	Excursion: Surf School	Reception
10.00	Latin Aerobics, all levels	5-a-side
11.00*	Fitball training, all levels	5-a-side
11.00*	Social Tennis tournament(red+blue) min25yrs	Tennis CT 1
12.00	Yoga - bring towel	5-a-side
15.00*	Social Badminton tournament (min 25 yrs)	Badm. Hall
15.00*	Introduction to a Road Bike (Mini Workshop)	Bike Centre
15.45*	Deep Water Aqua	Olympic Pool
16.15*	Deep Water Aqua	Olympic Pool
17.00	Step, beginners	5-a-side
17.15*	Fitness Bike, advanced	Fitness
17.15*	5 or 10 km race (running)	Stadium
18.00	Body toning, all levels	5-a-side
18.00	Ballroom dancing, beginners	The Lawn
Entertainment		
19.00	Barbecue (pay in the Poolbar)	Poolbar
20.30	Movie: Bobby	Cinema
21.30	Easy listening live music - guitar, Craig	CLS Arena/terrace

### 05/10 Sunday

Time	Activity	Meeting point
09.00	Pilates, all levels	5-a-side
09.00-13.30***	Excursion: Teguisse Market	Reception
09.15*	70-90 km Road Bike Tour, red	Bike Centre
09.55-16.30***	Excursion: Surf School	Reception

10.00

Step, intermediate

5-a-side

10.00-10.30^

Warm Water Stretch &amp; Relax (9 €)

Wellness Centre

10.00-11.30☒

Body sculpting for girls, 15-18 years

Fitness

11.00\*

Fitball training, all levels

5-a-side

11.30-13.00☒

Weight training for boys, 15-18 years

Fitness

13.30-16.30\*\*\*\*

Snorkel Safari

Dive Centre

13.50

Fun surf for kids, max 12 years/ max 1,50m

Play Time

14.00

Family Beach Day: Bolas, Egg throwing...

Beach

14.30-15.30^

Easyline Circuit Training, min 16 yr. Welln. Training Room

15.00-16.00\*

Bike skill class, 6-11 years (+ an adult!)

Bike Centre

16.00

Streetdance, all levels

5-a-side

16.15\*

Beach Volley Tournament, min 14 years

Beach

17.00

Aerobic, intermediate

5-a-side

17.30-19.00^

Introduction to massage, (15 yrs)

Wellness class room

Practising on legs - please wear shorts

18.00

Stretch &amp; Relax, all levels

5-a-side

18.00

Ballroom dancing, beginners

The Lwan

18.00-19.30\*

Fitness Bike Special, advanced

Fitness

18.15☒

Concept II 2000 m Rowing Challenge

Fitness

Entertainment

19.00

Paella (pay in the Poolbar)

Poolbar

20.30

Movie: A fond kiss

Cinema

21.00

Show: Gerard's Amazing Magic

Square

### 06/10 Monday

Time	Activity	Meeting point
07.45*	Duathlon	Bike Centre
08.00-16.00***	Golf tour to Costa Teguisse, advanced (18 holes, max. HCP 36)	Sports Booking
08.15	Hill Run, 8 km (5 min/km)	Stadium
08.15-14.45***	Enjoy a day in Costa Teguisse (bus transfer)	Reception
08.30-09.15	Taiji Qigong, beginners	The Lawn
08.30-12.00****	Snorkel Safari	Dive Centre
09.00	Football, 5-10 yrs	5-a-side
09.15-10.00	Taiji Qigong, intermediate	The Lawn
10.00	Aerobic, beginners	The Lawn
10.00	Information tour/ German	Sports Booking
10.00*	Squash tournament, children/junior	Squash CT 1
10.00-10.30^	Warm Water Stretch & Relax (9 €)	Wellness Centre
10.15*	Fitness Bike, beginners	Fitness
10.30	Football, 11-16 years	5-a-side
10.30-13.00***	Mountain Bike Tour 12km, green, min 15 yrs	Bike Centre
11.00	Stretch & Relax, all levels	The Lawn
11.00*	Squash tournament, blue, min 16 years	Squash CT 1
11.15*	Fitness Bike, intermediate	Fitness
12.00	Football, adults	5-a-side
12.00*	Tennis tournament, red, min 16 years	Tennis CT 1
13.00-16.30***	Excursion: Camel ride	Reception
13.00-16.30***	Excursion: Horse back riding, max. 75 kg	Reception
14.00*	Tennis tournament, green, min 16 years	Tennis CT 1
14.00*	Squash tournament, red/green, min 16 years	Squash CT 1

14.00*	Aquathlon (200m swim, 3km run)	OL Pool
14.00-17.00***	Volcano walk	Bike Centre
14.15*	25km Road bike tour, green	Bike Centre
14.30*	Bleep test + running school	5-a-side
14.30-15.30^	Kinesis Circuit training, min 18 yr.	Welln. Training Room
15.15-17.00*	Boxing, beginners (min.16 yrs)	Boxing ring (stadium)
15.45*	Deep Water Aqua	Olympic Pool
16.00*	Tennis tournament, blue, min 16 years	Tennis CT 1
16.00*	"How to change a tire" Mini Workshop	Bike Centre
16.15*	Deep Water Aqua	Olympic Pool
17.00	Thai Bo, all levels	5-a-side
17.00-18.00^	Back school, min 15 yrs	Wellness class room
18.00	Body toning, all levels	5-a-side
Entertainment		
20.30	Movie: Mission Impossible 3	Cinema
21.00	Show: Green Team Cabaret	Square

### 07/10 Tuesday

Time	Activity	Meeting point
07.45*	1/2 Marathon	Stadium
09.00-12.30**	Taiji Qigong Workshop	Sports Booking
09.00-13.30***	Excursion: El Golfo - Firemountains	Reception
09.15*	40-60 km Road Bike Tour, blue	Bike Centre
09.55-16.30***	Excursion: Surf School	Reception
10.00	Step, advanced	5-a-side
10.00	Bolas Tournament	Beach
10.00*	Badminton tournament, children	Badminton Hall
10.00-10.30^	Warm Water Stretch & Relax (9 €)	Wellness Centre
11.00	Body toning, all levels	5-a-side
11.15-13.00☐	Club La Santa's fitness challenge	Fitness
11.30	Compact Golf competition	Compact Golf
12.00	Yoga - bring towel	5-a-side
12.00*	Badminton tournament, blue, min 16 yrs	Badminton Hall
14.00*	Badminton tournament, red./green, min 16 yrs	Badm. Hall
14.30-15.30^	Easyline Circuit Training, min 16 yr.	Welln. Training Room
15.00*	Social Tennis tournament (red+blue) min 25 yrs	Tennis CT 1
17.00	Aerobic, intermediate	5-a-side
17.00	Kayak race	Windsurf Station
17.10	Running Track Session	Stadium
17.15*	Fitness Bike, beginners	Fitness
18.00	Stretch & Relax, all levels	5-a-side
18.00	Ballroom dancing, intermediate	The Lawn
18.00-19.00	Individual advice on sportsphysiotherapy only advice - no treatments	Wellness class room
18.15*	Fitness Bike, intermediate	Fitness
20.00-22.00*	Handball, min 16 years	Badminton Hall
Entertainment		
19.30	Children's Disco (3-12 years)	CLS Arena/Disco
20.30	Movie: An unfinished life	Cinema
21.00	Show: African Footprint	Square
21.30	Teen's Disco (13-18 years)	CLS Arena/Disco

### 08/10 Wednesday

Time	Activity	Meeting point
07.45*	Mini Triathlon	Bike Centre
08.00-16.00***	Golf tour, advanced to Costa Teguisse (18 holes, max. HCP 36)	Sports Booking
08.00-16.00***	Golf tour to Costa Teguisse, beginners	Sports Booking
08.15***	Go to the Arrecife market (bus transfer)	Reception
08.30-09.15	Taiji Qigong, beginners	The Lawn
08.30-12.00****	Snorkel Safari	Dive Centre
09.00	Football, 5-10 yrs	Stadium
09.00-16.30***	Excursion: Catamaran tour	Reception
09.00-18.15***	Excursion: Fuerteventura & Los Lobos	Reception
09.15-10.00	Taiji Qigong, intermediate	The Lawn
10.00	Aerobics, advanced	The Lawn
10.00-12.00	Beachvolley instr.+social tourn. (min.15 yrs)	Beachvolley Ct.
10.30	Football, 11-16 yrs	Stadium
11.00	Pilates, all levels	The Lawn
11.00*	Rehearsal for Children & Guest Show prepared numbers	Square
12.00	Football, adults	Stadium
14.00	Rehearsal for Children & Guest Show	Square
14.00	Windsurf race, green & children	Windsurf Station
14.30-15.30^	Kinesis Circuit training, min 18 yr.	Welln. Training Room
15.00	Windsurf race, red	Windsurf Station
16.00	Windsurf race, freestyle	Windsurf Station
17.00	Step, intermediate	5-a-side
17.30-19.00^	Introduction to massage, min 15 y. Practising on legs - please wear shorts	Wellness class room
18.00*	Fitball training, all levels	5-a-side
18.10	Off-road run, 12 km (5 min/km)	Bike Centre
18.15*	Fitness Bike, advanced	Fitness
18.30	Presentation of Diplomas	Square
20.00-22.00*	Mini-tennis tournament, min 15 years	Badminton Hall
20.00-22.00*	Table tennis tournament	Badminton Hall
Entertainment		
20.30	Movie: Million Dollar Baby	Cinema
20.30	Children & Guest Show	Square
22.30-01.00	Karaoke for all	CLS Arena/ Disco

### 09/10 Thursday

Time	Activity	Meeting point
09.55-16.30***	Excursion: Surf School	Reception
10.00	Circuit training, all levels	5-a-side
11.00	Thai Bo, all levels	5-a-side
12.00	Yoga - bring towel	5-a-side
16.00	Stretch & Relax, all levels	5-a-side
17.00	Step Latin, intermediate	5-a-side
17.15*	Fitness Bike, beginners	Fitness
18.00	Pilates, all levels	5-a-side
18.00-19.00^	Back school, min 15 years	Wellness class room
18.10	Hill Run, 8 km (5 min/km)	Stadium

18.15*	Fitness Bike, intermediate	Fitness
Entertainment		
21.00	Pool tournament	Green Bar
21.30	Easy listening live music - piano, Marc	CLS Arena/terrace

Please note that participation in all sports activities is made at your own risk and Club La Santa cannot be held responsible for any accidents or injuries sustained.

Club La Santa reserves the right to make changes in the programme.

## WELLNESS CENTRE

Opening hours: Monday-Sunday 09.00-13.00 and 14.00-21.00

### WE OFFER:

#### ● In our Spa:

Hydrotherapy bath/ Jacuzzi/ Cold Dip and Shower/ Steam bath/ Saunas/  
Hydro-massage bath with essential oils, in private room (additional payment required)/ Hydro-jet massage, in private room (additional payment required)

#### ● Manual treatments (additional/ separate payment required):

Physiotherapy/ Sports therapy  
Massage (Sports-, Relax-, Lymphatic Drainage-, Shiatsu Massage and Foot Reflexology)

#### ● The Wellness Centre also offers the following classes:

##### - WELLNESS CLASS ROOM (next to Olympic Pool):

Sunday	17.30-19.00 <sup>^</sup>	Introduction to Massage Practising on legs - please wear shorts
Monday	17.00-18.00 <sup>^</sup>	Back School
Tuesday	18.00-19.00	Individual advice on sports physiotherapy only advice - no treatments
Wednesday	17.30-19.00 <sup>^</sup>	Introduction to Massage Practising on legs - please wear shorts
Thursday	18.00-19.00 <sup>^</sup>	Back School

##### - WELLNESS TRAINING ROOM (next to CLS Arena):

Sunday	14.30-15.30 <sup>^</sup>	Easyline Circuit Training, min 16 yrs.
Monday	14.30-15.30 <sup>^</sup>	Kinesis Circuit Training, min 18 yrs.
Tuesday	14.30-15.30 <sup>^</sup>	Easyline Circuit Training, min 16 yrs.
Wednesday	14.30-15.30 <sup>^</sup>	Kinesis Circuit Training, min 18 yrs.

##### - WELLNESS CENTRE:

Monday, Tuesday, Sunday 10.00-10.30<sup>^</sup> Warm Water Stretch & Relax (9€)

<sup>^</sup> Please book in the Wellness Centre reception

#### ● Price list for the Wellness Centre:

Entrance:	09.00 - 13.00	9 €
	13.00 - 14.00	closed
	14.00 - 16.00	9 €
	16.00 - 20.00	13 €
	20.00 - 21.00	9 €

Special offers/ massage/ etc. please see extra page of the Wellness Centre or contact the Wellness Centre reception.

## EVENINGS ENTERTAINMENT

OPENING HOURS (Disco: min. 18 years)

CLS Arena/ Disco	Monday, Wednesday-Saturday	22.00
	Tuesday	23.00
	Sunday	closed

### ENTERTAINMENT

Friday 03/10:	22.30	Adults Karaoke (min 18 years)	CLS Arena/Disco
Saturday 04/10:	21.30	Easy listening live music - guitar, Craig	CLS Arena
Sunday 05/10:	21.00	Show: Gerard's Amazing Magic	Square
Monday 06/10:	21.00	Show: Green Team Cabaret	Square
Tuesday, 07/10:	19.30	Children's Disco (3-12 yrs)	CLS Arena/Disco
	21.00	Show: African Footprint	Square
	21.30	Teen's Disco (13-18 years)	CLS Arena/Disco
Wednesday, 08/10:	20.30	Children & Guest Show	Square
	22.30	Karaoke, for all	CLS Arena/Disco
Thursday, 09/10	21.00	Pool tournament	Green Bar
	21.30	Easy listening live music - piano, Marc	CLS Arena