

#### SPORT RATES & OPENING HOURS

Summer 30 apr 2023 - 4 nov 2023

## GYM, FITNESS & SPORTS BOOKING

GYM - Opening hours 07:00 - 22:00	free
SPORTS BOOKING/SHOP - Opening hours	
Monday-Sunday 08:00 - 17.00	
Siesta closed between 12.00 – 13.00 every day.	
Group sessions, Fitness classes See sports & activity program	free
Personal Training (on request)	€ 50/h

## **TENNIS / PADEL**

Tennis and Padel - Social and tuition (1 h / day)	free
Rent of Padel court + rackets	€ 20 / h (4 pers)
Rent of Tennis court + rackets (subject to availability)	Free
Private Tennis coach	€ 45/ h
Private Padel coach (1 or 2 pers)	€ 45/70 h

Tennis and Padel, pre book in Sports booking. Rackets and balls included in rental. Courts must be pre booked.

## BIKE RENTAL Road bike, MTB

Road Trek Domane AL 2 MTB Trek X-Caliber 9

**Sizes:** (48, 51, 52, 54, 56, 58, 61)

Half day (join excursion or social ride) Mountain bikes/Road Bikes bikes on an hourly/daily basis to free ride on	free
Premium Road Bike 6 days Boardman SLR 9.2 (subject to availability)	€ 115

Pedals (SPD and flats) and helmet included in rent. Bring your own shoes and water bottle.

#### WATERSPORTS

Stand up Paddle board and Kayak rental	free
Waterski/Wakesurf/Wakeboard Pack (6 x 15 min)	€ 175
Individual waterski tows (1 x 15 Min)	€ 30
Water ski/ Wakeboard pack Taster pack of tows for those that want to try = for 3 x 10 min tows	€ 60
Sailing dinghy, catamaran or windsurf equipment Daily or weekly hire also includes use of Kayaks and Paddleboards. 6 day hire includes group tuition sessions when available.	1 day/6 days € 64/€ 322
Private Sailing or Windsurf Lesson	€ 45/per/h

# WOD BOX (X-FIT INCL. MATERIAL)

Training in box on scheduled hours	free
Private use and material for one hour (for groups, subject to availability)	€ 40/h

Pre book in sports booking or group department.

## PINK PLATFORM, BEACH PLATFORM & MULTICOURT

Training on scheduled hours (sports & activity program)	free
One hour private use with music and equipment (for groups, on request,	
subject to availability)	€ 25

#### Pre book in sports booking

### 25 m TRAINING POOL

Open from 08:00-20:00	
Sharing lane, individual use (subject to availability)	free
One hour private lane (pre book) (08:00-20:00)	€ 15/h/lane

Pre book in sports booking, or with groups department.