

ACADEMY FITNESS WEEK 2026

Weekly activity schedule · 29 August–3 September



Guests can register and pay before or during the week at Sports Booking.

Price: €70 per person
Registration is for the full week only.

Open classes are free and open to all Club La Santa guests.

T-shirts and wristbands can be collected from Sports Booking.

CLASSES ACCESS:

■ OPEN & FREE FOR ALL CLS GUESTS

■ ACADEMY FITNESS WEEK PARTICIPANTS

SATURDAY (29.08.26)	SUNDAY (30.08.26)	MONDAY (31.8.26)	TUESDAY (01.09.26)	WEDNESDAY (02.09.26)	THURSDAY (03.09.26)
	08:15–08:45 Bike Easy Start Body Bike Area				08:15–08:45 Bike Easy Start Body Bike Area
09:00–09:50 Team Teach All Volcano	09:00–09:50 Stick Workout Laguna	09:00–09:50 Functional Core & Mobility Laguna	09:00–09:50 Bike Morning Party Body Bike Area	09:00–09:50 LIIT: Fight Club Laguna	09:00–09:50 Bike'n'Strength Body Bike Area
09:00–09:50 Bike Power Body Bike Area					
10:00–10:50 Dance Volcano	10:00–10:50 Dance'n'Step Volcano	10:00–10:50 Functional Step Laguna	10:00–10:50 Old School Hip Hop (silent Fit) The Lawn	10:00–10:50 Full Body Band Workout The Lawn	10:00–10:50 Dance like nobody is watching Laguna
11:00–11:50 Body Toning 5-a-Side	11:00–11:50 Step intermediate Volcano		11:00–11:50 Power & Strength Volcano	11:00–11:50 Afro/House Dance Volcano	11:00–11:50 Step intermediate + Laguna
12:00–12:50 Stretch& Relax(Silent Fit) South Conference Rooftop	12:00–12:50 Breath Work/Breathe Better Dance Studio	12:00–12:50 Stretch & Relax (silent Fit) South Conference Rooftop	12:00–12:50 Breath Work/Breathe Better Dance Studio		
			15:00–15:50 Lecture: Watt Training Verol South Conference	15:15–15:45 Functional Core Volcano	
16:00–16:50 Step Beginners 5-a-side	16:00–16:50 Bike Low Intensity Body Bike Area	16:00–16:50 Step Advanced Laguna	16:00–16:50 Aero Dance Laguna	16:00–16:25 Legs & Glutes Volcano	16:00–16:50 Team Teach All Volcano
17:00–17:50 Bike Party Body Bike Area			17:00–17:50 Bike Power Body Bike Area	16:30–16:55 HIIT Volcano	
	20:00–21:00 Latin Night La Rambla			17:00–17:50 Bike Low Intensity Body Bike Area	