

| Samstag 12.09                   |              | ZEIT                                                                     | Sonntag 13.09.                                                                     | Montag 14.09.                                                                      | Dienstag 15.09.                                                                    | Mittwoch 16.09.                                                                    | Donnerstag 17.09.                                                                  | Freitag 18.09.                                                         | Samstag 19.09.                  |
|---------------------------------|--------------|--------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------|
| A<br>n<br>r<br>e<br>i<br>s<br>e | 8:15<br>Uhr  |                                                                          |                                                                                    | <b>Yoga</b><br><i>Strandbar Chiringuito</i><br>ANIA TIPPKEMPER                     | <b>Yoga</b><br><i>Strandbar Chiringuito</i><br>ANIA TIPPKEMPER                     | <b>Yoga</b><br><i>Strandbar Chiringuito</i><br>ANIA TIPPKEMPER                     | <b>Yoga</b><br><i>Strandbar Chiringuito</i><br>ANIA TIPPKEMPER                     | <b>Best of Yoga</b><br><i>Strandbar Chiringuito</i><br>ANIA TIPPKEMPER | A<br>b<br>r<br>e<br>i<br>s<br>e |
|                                 | 9:15<br>Uhr  | <b>Cycling*</b><br><i>GroupFitness Raum</i><br>THEO REINHARDT            | <b>Cycling*</b><br><i>GroupFitness Raum</i><br>THEO REINHARDT                      | <b>Cycling*</b><br><i>GroupFitness Raum</i><br>THEO REINHARDT                      |                                                                                    |                                                                                    | <b>Cycling*</b><br><i>GroupFitness Raum</i><br>THEO REINHARDT                      | <b>Cycling*</b><br><i>GroupFitness Raum</i><br>THEO REINHARDT          |                                 |
|                                 | 10:15<br>Uhr | <b>Power Workout</b><br><i>Functional Area</i><br>LARISSA RENZ           |                                                                                    | <b>Power Workout</b><br><i>Functional Area</i><br>LARISSA RENZ                     | <b>Power Workout</b><br><i>Functional Area</i><br>LARISSA RENZ                     | <b>Power Workout</b><br><i>Functional Area</i><br>LARISSA RENZ                     | <b>Power Workout</b><br><i>Functional Area</i><br>LARISSA RENZ                     | <b>Power Workout</b><br><i>Functional Area</i><br>LARISSA RENZ         |                                 |
|                                 | 10:15<br>Uhr | <b>Tennis*</b><br><i>Tennisplatz</i><br>NICOLA GEUER                     | <b>Tennis*</b><br><i>Tennisplatz</i><br>NICOLA GEUER                               | <b>Tennis*</b><br><i>Tennisplatz</i><br>NICOLA GEUER                               | <b>Tennis*</b><br><i>Tennisplatz</i><br>NICOLA GEUER                               |                                                                                    |                                                                                    | <b>Tennis*</b><br><i>Tennisplatz</i><br>NICOLA GEUER                   |                                 |
|                                 | 11:00<br>Uhr | <b>Beachvolleyball</b><br><i>Strand</i><br>THORSTEN SCHOEN               | <b>Beachvolleyball</b><br><i>Strand</i><br>THORSTEN SCHOEN                         |                                                                                    | <b>Beachvolleyball</b><br><i>Strand</i><br>THORSTEN SCHOEN                         | <b>Beachvolleyball</b><br><i>Strand</i><br>THORSTEN SCHOEN                         | <b>Beachvolleyball</b><br><i>Strand</i><br>THORSTEN SCHOEN                         | <b>Beachvolleyball</b><br><i>Strand</i><br>THORSTEN SCHOEN             |                                 |
|                                 | 11:30<br>Uhr |                                                                          | <b>Boxing Fitness</b><br><i>Functional Area</i><br>RONNY GABEL                     | <b>Boxing Fitness</b><br><i>Functional Area</i><br>RONNY GABEL                     | <b>Boxing Fitness</b><br><i>Functional Area</i><br>RONNY GABEL                     | <b>Boxing Fitness</b><br><i>Functional Area</i><br>RONNY GABEL                     | <b>Boxing Fitness</b><br><i>Functional Area</i><br>RONNY GABEL                     | <b>Boxing Fitness</b><br><i>Functional Area</i><br>RONNY GABEL         |                                 |
|                                 | 15:00<br>Uhr |                                                                          | <b>Tanz dich fit</b><br><i>Poolbühne</i><br>DETLEF D! SOOST<br>&<br>RAFAEL ANTONIO | <b>Tanz dich fit</b><br><i>Poolbühne</i><br>DETLEF D! SOOST<br>&<br>RAFAEL ANTONIO | <b>Tanz dich fit</b><br><i>Poolbühne</i><br>DETLEF D! SOOST<br>&<br>RAFAEL ANTONIO | <b>Tanz dich fit</b><br><i>Poolbühne</i><br>DETLEF D! SOOST<br>&<br>RAFAEL ANTONIO | <b>Tanz dich fit</b><br><i>Poolbühne</i><br>DETLEF D! SOOST<br>&<br>RAFAEL ANTONIO |                                                                        |                                 |
|                                 | 16:00<br>Uhr | <b>Ninja Warrior<br/>Functional</b><br><i>Functional Area</i><br>JUN KIM | <b>Ninja Warrior<br/>Functional</b><br><i>Functional Area</i><br>JUN KIM           | <b>Ninja Warrior<br/>Functional</b><br><i>Functional Area</i><br>JUN KIM           | <b>Ninja Warrior<br/>Functional</b><br><i>Functional Area</i><br>JUN KIM           | <b>Ninja Warrior<br/>Functional</b><br><i>Functional Area</i><br>JUN KIM           | <b>Mental Health</b><br><i>Plaza</i><br>ROLF SCHMIEL                               | get stronger! week<br>Abschluss Challenge                              |                                 |
|                                 | 17:00<br>Uhr |                                                                          | <b>Mental Health</b><br><i>Plaza</i><br>ROLF SCHMIEL                               |                                                                                    |                                                                                    |                                                                                    |                                                                                    |                                                                        |                                 |
|                                 | 17:00<br>Uhr | <b>Padel*</b><br>NILS &<br>CHRISTOPHER                                   | <b>Padel*</b><br>NILS &<br>CHRISTOPHER                                             | <b>Padel*</b><br>NILS &<br>CHRISTOPHER                                             | <b>Padel*</b><br>NILS &<br>CHRISTOPHER                                             | <b>Padel*</b><br>NILS &<br>CHRISTOPHER                                             | <b>Padel*</b><br>NILS &<br>CHRISTOPHER                                             | <b>Padel*</b><br>NILS &<br>CHRISTOPHER                                 |                                 |
|                                 | 17:45<br>Uhr | <b>Tanzkurs</b><br><i>Poolbühne</i><br>MALIKA DZUMAEV                    | <b>Tanzkurs</b><br><i>Poolbühne</i><br>MALIKA DZUMAEV                              | <b>Tanzkurs</b><br><i>Poolbühne</i><br>MALIKA DZUMAEV                              | <b>Tanzkurs</b><br><i>Poolbühne</i><br>MALIKA DZUMAEV                              | <b>Tanzkurs</b><br><i>Poolbühne</i><br>MALIKA DZUMAEV                              |                                                                                    | <b>Tanzkurs</b><br><i>Poolbühne</i><br>MALIKA DZUMAEV                  |                                 |

get stronger! week

# ABENDPROGRAMM

12.09.-19.09.2026 Aldiana Club Andalusien

| Samstag<br>12.09                                                            |                             | Sonntag 13.09.                                                  | Montag 14.09.                                                                                                                                                                        | Dienstag 15.09.                                                 | Mittwoch 16.09.                                                                               | Donnerstag 17.09.                                                                                                                                                               | Freitag 18.09.                                       | Samstag<br>19.09.               |
|-----------------------------------------------------------------------------|-----------------------------|-----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|---------------------------------|
| A<br>n<br>r<br>e<br>i<br>s<br>e                                             | 18:45 Uhr                   |                                                                 | <b>Aperitif</b><br><i>Spanische Treppe</i>                                                                                                                                           |                                                                 |                                                                                               | <b>GALA Aperitif</b><br><i>Ladenstraße</i>                                                                                                                                      |                                                      | A<br>b<br>r<br>e<br>i<br>s<br>e |
|                                                                             | 20:30 Uhr<br>-<br>23:00 Uhr |                                                                 | <b>Sundowner</b><br><i>Chiringuito Strandbar</i><br><b>1st CLASS ENTERTAINMENT</b><br>DJ & Violine  |                                                                 | <b>Sundowner</b><br><i>Chiringuito Strandbar</i>                                              |                                                                                                                                                                                 |                                                      |                                 |
|                                                                             | 21:00 Uhr<br>–<br>21.30 Uhr | <b>Mental Health</b><br><i>Poolbühne</i><br><b>ROLF SCHMIEL</b> |                                                                                                                                                                                      |                                                                 |                                                                                               |                                                                                                                                                                                 |                                                      |                                 |
|                                                                             | 21:30 Uhr<br>–<br>21.45 Uhr |                                                                 |                                                                                                                                                                                      |                                                                 |                                                                                               |                                                                                                                                                                                 | <b>get stronger!<br/>week<br/>THE SHOW</b>           |                                 |
| 21:30 Uhr<br><b>Vorstellung<br/>der Trainer</b>                             | 21:45 Uhr                   | Showtime<br><b>„Robin &amp; Jana“</b><br><i>Theater</i>         | Showtime<br><b>„Noche Flamenca“</b><br><i>Poolbühne</i>                                                                                                                              | Showtime<br><b>„AB(BA) in den<br/>Urlaub“</b><br><i>Theater</i> | <b>Turniertag<br/>Siegerehrungen</b><br>Im Anschluss:<br><b>Bandabend</b><br><i>Poolbühne</i> | GALA Showtime<br><b>„ARTmosphere“</b><br><i>Theater</i>                                                                                                                         | <b>Music &amp; Motion</b><br><i>Poolbühne</i>        |                                 |
| Im<br>Anschluss:<br><b>Silent Party<br/>„all white“</b><br><i>Poolbühne</i> | Im<br>Anschluss             | <b>Aftershowparty</b><br><i>Poolbar</i><br><b>DJ</b>            | <b>Aftershowparty</b><br><i>Poolbar</i><br><b>DJ</b>                                                                                                                                 | <b>Aftershowparty</b><br><i>Poolbar</i><br><b>DJ</b>            | <b>Aftershowparty</b><br><i>Poolbar</i><br><b>DJ</b>                                          | <b>Aftershowparty</b><br><i>Poolbar</i><br><b>1st CLASS ENTERTAINMENT</b><br>DJ & Violine  | <b>Aftershowparty</b><br><i>Poolbar</i><br><b>DJ</b> |                                 |

