

ACTIVITY PLANNER

Cosmos Beach Club

Your guide to our activities

Enjoy as many as you like! Once in resort you'll meet our expert teams who'll help you plan your week, answer any questions and book additional activities for you.

For now, explore the activity planner to see what you can get up to and start getting excited about your holiday!

Use the table below to help you decide your level of ability for Bikes!

	Green I would like a leisurely, social ride where I can explore the local area & visit a nearby cafe	Blue I would like to go further afield with some gentle climbs	Red I am a competent rider & would like to travel some distance with tough climbs	Black I would like to travel a long distance with some technical & challenging climbs with fast sections
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(S) = Sign up for activity, for all other activities just turn up & join in € = Activity is an additional cost

Your welcome briefing: The Bar | 10:15 | Monday

KIDS' CLUBS

MON	KIDS' CLUBS WELCOME! 10:00 COLLECT KIDS' 12:30	KIDS' CLUBS START 14:15 COLLECT KIDS' 18:00 U5'S CARE (€) 19:30-23:00
TUES	BREAKFAST CLUB AVAILABLE (€) KIDS' CLUBS START 10:00 COLLECT KIDS' 12:30	KIDS' CLUBS START 14:15 COLLECT KIDS' 18:00 U5'S CARE (€) 19:30-23:00
WED	FAMILY MORNING	KIDS' CLUBS START 14:15 COLLECT KIDS' 18:00 INCLUSIVE CHILDCARE 19:30-23:00
THURS	BREAKFAST CLUB AVAILABLE (€) KIDS' CLUBS START 10:00 COLLECT KIDS' 12:30	KIDS' CLUBS START 14:15 COLLECT KIDS' 18:00 U5'S CARE (€) 19:30-23:00
FRI	FAMILY MORNING	KIDS' CLUBS START 14:15 COLLECT KIDS' 18:00 INCLUSIVE CHILDCARE 19:30-23:00
SAT	BREAKFAST CLUB AVAILABLE (€) KIDS' CLUBS START 10:00 COLLECT KIDS' 12:30	KIDS' CLUBS START 14:15 COLLECT KIDS' 18:00

EVENTS & ENTERTAINMENT

MON	JOIN STELIOS AND THE TEAM FOR A WELCOME MEAL From 19:30
TUES	Cosmos A La Carte Available from 19:30
WED	Cosmos A La Carte Available from 19:30
THURS	Cosmos A La Carte Available from 19:30
FRI	Cosmos A La Carte Available from 19:30
SAT	BBQ NIGHT FROM 19:30 PRESENTATION & PARTY!!!

MONDAY MORNING

	Beach Opens 10:30 START WINDSURFING 10:30	NON-PLANING WINDSURFING 10:30
	FREE RIDE AVAILABLE FROM 08:30 SPRINT & CLIMB BLACK 15KM 11:00	INTRO TO STRAVA THROUGHOUT THE MORNING
	YOGA 09:00	

MONDAY AFTERNOON

	INT' PLANING WINDSURFING 14:30	ADVANCED WINDSURFING 14:30
	MTB GREEN 10KM 16:00	FREE RIDE AVAILABLE UNTIL 18:00
	CORE-DAY 16:00 STRETCH & RELAX 17:00	PERSONAL TRAINING AND FITNESS TESTS AVAILABLE THROUGHOUT THE DAY




TUESDAY MORNING

	PADDLE BOARD TASTER 08:30 START WINDSURFING 10:30	NON-PLANING WINDSURFING 10:30
	FREE RIDE AVAILABLE FROM 08:30	MTB BLUE 20KM 08:30
	5KM RUN 08:00 BOXERCISE 09:00	YOGA 10:00




TUESDAY AFTERNOON

	INT' PLANING WINDSURFING 14:30	ADVANCED WINDSURFING 14:30
	MTB GREEN 10KM 16:00	FREE RIDE AVAILABLE UNTIL 18:00
	UPPER-BODY DAY 16:00 STRETCH & RELAX 17:00	PERSONAL TRAINING AND FITNESS TESTS AVAILABLE THROUGHOUT THE DAY




WEDNESDAY MORNING

 WATERFRONT		
 BIKES		
 FITNESS		




THURSDAY MORNING

 WATERFRONT		
 BIKES		
 FITNESS		




WEDNESDAY AFTERNOON

 WATERFRONT		
 BIKES		
 FITNESS		




THURSDAY AFTERNOON

 WATERFRONT		
 BIKES		
 FITNESS		




FRIDAY MORNING

 WATERFRONT		
 BIKES		
 FITNESS		




SATURDAY MORNING

 WATERFRONT		
 BIKES		
 FITNESS		

FRIDAY AFTERNOON

 WATERFRONT		
 BIKES		
 FITNESS		

SATURDAY AFTERNOON

 WATERFRONT		
 BIKES		
 FITNESS		