

WELCOME

Hello and welcome to Aqua Vista - powered by Playitas! We are delighted to have you and hope you have an amazing experience here. We are proud to be a sports hotel, offering a wide range of sporting activities to suit all levels, as well as plenty of opportunities to relax and recover for those of you who want to take it easy!

From fitness classes to triathlon training and padel, we have it all here. Alongside our top-class amenities, we offer stunning views of both sea and land, being situated between the crystal-clear waters of the Red Sea coast, and the breath-taking dunes of the Egyptian desert. With plenty to do both in the hotel and in the local area, you're sure to have an amazing holiday experience here at Aqua Vista.

Within this welcome pack you will find all the information you need regarding all the activities and services we offer, but don't worry, if you have any questions our Apollo/Playitas sports team will be happy to help!

Have fun!

SPORTSPROGRAM

Here at Aqua Vista we offer a wide selection of activities, sure to suit everyone, from professional athletes to those looking to enjoy some training and try some new sports.

Each week we have an updated sports program, including all the fitness activities we will offer each day. To access this, you can scan our QR code, which is posted on our sports notice boards, located at the Las Playitas restaurant and next to the Pink Platform.

FITNESS CLASSES

In order to participate in these activities please note you may have to book in advance. Our schedule is colour coded, indicating if pre-booking is required or not.

Colour codes:

- **Black** – All activities in black do not require pre-booking. Simply arrive at the designated location on time!
- **Blue** – This indicates that the activity will be with one of our many guest instructors we will be hosting. No pre-booking required.
- **Red** – All events in red print must be pre-booked and can only be booked up to 1 day in advance.

WHERE TO FIND YOUR CLASS

With beautiful scenery and great weather here at Aqua Vista, we host our fitness classes and activities outdoors, with several training areas around the hotel. To find your class location it will be indicated on the sports program boards.

Our CrossFit and functional classes will generally be at our WOD box, located next to the Olympic pool. This will be indicated as follows: @WOD Box

Many of our classes such as core and Stretch classes will be held at our Pink Platform, located next to the building marked A1. This will be indicated as follows: @Pink Platform

Our spin classes take place inside the fitness center, in a room located on the righthand side, towards the back of the fitness centre. Feel free to ask any of our gym staff for further directions if you need!

It will be indicated as follows: @ fitness center.

FITNESS CENTER

We are happy to be able to offer you a top-class fitness center. With large open areas machines from Matrix, lifting equipment from Casall and top- class cardio machines.

Fitness center rules & regulations

- Open daily 07.00 – 13.00 14.00 – 22.00
- No outside guests allowed into Fitness Centre (except membership clients)
- Minors 12-14 years shall be accompanied by adult. Younger ages not allowed in the gym.
- Shirt shall remain on during training.
- Wear clean clothes while working out. Inappropriate body odor is offensive.
- Dry, closed-top athletic shoes are required. No outdoor shoes, boots or sandals are permitted.
- Please return weights and plates when you complete your workout.
- Pick up after yourself. Each tool used shall be placed where it was taken.
- Return towels to front desk. Throw paper towels in trash bin.
- Use the equipment as they are meant to be used. No playing, only training!
- Do not sit on equipment between sets if guests are waiting.
- Do not use weights while on cardio equipment.
- Misuse of the equipment can result in injury and/or damage to the equipment; follow directions and instructions.
- Ask for assistance from the fitness staff if you are unfamiliar with equipment.
- Clean your machine or work out place after usage. Users are required to clean each machine including free weight benches and mats after use.
- Do not disrupt classes.
- Do not touch TV screens.
- If not adhering to the policies, you may be asked to leave the facility.
- Management reserves the right to deny entry of anyone who violates the rules.

GUIDED ROAD BIKE TOURS

We offer two different types of road bike tours.

Beginners - For those who have never tried road cycling. This trip is about 40 km long and takes about 2h to complete. The tour will take you to Sahl Hasheesh - one of the finest areas here in Hurgadha. Sahl Hasheesh is a bay located on the shores of the Red Sea in Egypt, opposite Sharm El Sheikh.

Intermediate - This bike tour is for you who are an experienced road cyclist. We cycle in groups through the center of Hurgadaha and out into the desert. The trip is about 70 km long and takes about 3-4 hours to complete. It is an experience beyond the ordinary.

See the sport program for day and time.

You must register before 14.00 o'clock one day in advance to be able to participate. If you do not have your own bike, you can rent one for 10 euros / tour – individual use 25 euro / day

Sign up directly with Apollo reps during the service times

OLYMPIC POOL

If the pool looks full and no lanes seem free,
please kindly ask the gym staff inside the
fitness center

They will tell you which lane you can share
together with others.
(Apollo lanes)

For other hotel guests, an extra fee may
apply.

SPORTSPROGRAM

Here at Aqua Vista we offer a wide selection of activities, sure to suit everyone, from professional athletes to those looking to enjoy some training and try some new sports.

Each week we have an updated sports program, including all the fitness activities we will offer each day. To access this, you can scan our QR code, which is posted on our sports notice boards, located at the Las Playitas restaurant and next to the Pink Platform.

FITNESS CLASSES

In order to participate in these activities please note you may have to book in advance. Our schedule is colour coded, indicating if pre-booking is required or not.

Colour codes:

- **Black** – All activities in black do not require pre-booking. Simply arrive at the designated location on time!
- **Blue** – This indicates that the activity will be with one of our many guest instructors we will be hosting. No pre-booking required.
- **Red** – All events in red print must be pre-booked and can only be booked up to 1 day in advance.

WHERE TO FIND YOUR CLASS

With beautiful scenery and great weather here at Aqua Vista, we host our fitness classes and activities outdoors, with several training areas around the hotel. To find your class location it will be indicated on the sports program boards.

Our CrossFit and functional classes will generally be at our WOD box, located next to the Olympic pool. This will be indicated as follows: @WOD Box

Many of our classes such as core and Stretch classes will be held at our Pink Platform, located next to the building marked A1. This will be indicated as follows: @Pink Platform

Our spin classes take place inside the fitness center, in a room located on the righthand side, towards the back of the fitness centre. Feel free to ask any of our gym staff for further directions if you need!

It will be indicated as follows: @ fitness center.

AGE LIMITS

Sport	Age Limit	Comments
Social activities / sports	Adapted	Adjusted based on the hotel's guests to ensure a varied offering for both children and adults.
Cycling activities	18 years	Ages 12–17 allowed when accompanied by a responsible adult.
Group training & Indoor cycling	16 years	Ages 12–15 allowed when accompanied by a responsible adult.
All activities on Pink Platform	13 years	Younger children allowed when accompanied by a responsible adult.
Gym	16 years	Ages 12–15 allowed when accompanied by a responsible adult.
WOD Box	16 years	—
Tennis & padel	15 years	Ages 12–14 allowed when accompanied by a responsible adult during group training. No age limit for private lessons or own groups.
Water sports	15 years	Ages 8–14 allowed when accompanied by a responsible adult. Swimming ability is required.
Tennis & padel	15 years	Ages 12–14 allowed when accompanied by a responsible adult. Swimming ability is required.
Swimming courses	4 years	—

SERVICE TIMES

We are always ready to help you if you have any questions, want to book an excursion or if you have any other concerns.

You will find us at Apollos own restaurant Trattoria.

Monday

09:00-09:45
13:00-13:45

Tuesday

09:00-09:45
13:00-13:45

Wednesday

09:00-09:45
13:00-13:45

Thursday

09:00-09:45
13:00-13:45

Friday

09:00-09:45

13:00-13:45

Saturday

09:00-09:45
13:00-14:45

Sunday

09:00-09:45
13:00-13:45

Guest Instructor of the week



About Magdalena Perers

In her teaching, Magdalena draws on her background as an embodiment teacher, energy worker, and dancer trained in a wide range of styles, including salsa, lindy hop, tango, and folk dance.

She has a deep interest in the intersection of body and soul—spirit and emotional intelligence. In her meditation and embodiment classes, you will be invited to explore how to tune into more subtle layers of energy, accessing both softness and strength.

Classes with Magdalena



Morning meditation



Evening meditation



balance



Dance fusion



Embodied movement



apollo  sports



About Angelica

I am a **Personal Trainer and Online Coach** with a strong focus on **women's health and sustainable performance**.

I specialize in **training during and after pregnancy**, helping women stay strong, confident, and safe through all stages of life.

As an **educator in women's health**, I combine evidence-based knowledge with practical experience to create smarter, more effective training approaches.

I am also a **HYROX Ambassador & Coach**, working with athletes who want to improve performance, structure their training, and push their limits in a healthy way.

My goal is simple: **improved training**, adapted to the individual — whether you're training online, preparing for competition, or building long-term strength and resilience.

Classes:

WOD (crossfit inspo)

Hyrox

Circuit

Gymnastics

Running

And a lot more – Se sportsprogram for info

EXTRA, EXTRA! 

**Please note the updated sports
program for tomorrow, Monday:**

Core has been moved to **11:00**
Spinning has been moved to **16:00**

**Please check the sports program for
the latest updates.**



THIS SPORTS PROGRAM IS EXCLUSIVELY FOR APOLLO GUESTS.
A **YELLOW OR PINK** AQUA VISTA PBP WRISTBAND REQUIRED TO PARTICIPATE.

SPORTS PROGRAM

FRIDAY 16/1/2026

MORNING

08.00 MORNING STRETCH @ Pink Platform
09.00 INDOOR CYCLING @ Fitness Centre
10.00 WOD @ WOD BOX
11.00 TABATA @ Pink Platform
12.00 WATERPOLO @ Main Pool

AFTERNOON

14.45 SOCIAL FOOTBALL MEET AT FITNESS @
Fitness Centre
15.00 FOAM ROLLER @ WOD BOX
16.00 HIROX @ WOD BOX
17.00 STRETCH & RELAX @ Pink Platform
17.00 – 22.00 SAUNA & ICEBATH "extra
charge"

Redmarks = require prebooking @ fitness center.

THIS SPORTS PROGRAM IS EXCLUSIVELY FOR APOLLO GUESTS.
A **YELLOW** OR **PINK** AQUA VISTA PBP WRISTBAND IS REQUIRED TO PARTICIPATE.

SPORTS PROGRAM

SATURDAY 17/1/2026

MORNING

08.00 MORNING YOGA @ Pink Platform

09.00 WOD WITH ANGELICA @ WOD BOX

10.00 TABATA @ Pink Platform

11.00 FULLBODY STRENGTH WITH ANGELICA @

WOD BOX

12.00 AQUA @ Cubana Pool

AFTERNOON

14.45 SOCIAL FOOTBALL

MEET AT FITNESS CENTRE

15.00 RUNNING INTERVALS

MEET @ 400 M TRACK

WARM UP 10 MIN RUN 4 MIN REST 3 MIN x4

COOL DOWN 5 MIN + STRETCH

15.00 CORE 30 MIN WITH ANGELICA @ Pink Platform

16.00 INDOOR CYCLING @ Fitness Centre

16.00 HIROX @ WOD BOX

17.00 STRETCH & RELAX @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH **extra charge

ADDITIONAL CLASSES

PADEL

09.00 PADEL LESSON BEGINNER @ Padel courts

10.00 PADEL LESSON INTERMEDIATE @ Padel courts

11.00 SOCIAL PADEL BEGINNER @ Padel courts

14.45 INTRO TO PICKLEBALL MEET @ FITNESS 45 MIN

@ Fitness Centre

16.00 SOCIAL PADEL INTERMEDIATE @ Padel courts

17.00 SOCIAL PADEL ALL LEVELS @ Padel courts

BIKE

09.00

ROADBIKE TOUR BEGINNER/INTERMEDIATE
40 K

Sign up to Apollo reps at service times one day in advance. *extra charge 10 eruo*

Redmarks = require pre booking @ fitness center.



THIS SPORTS PROGRAM IS EXCLUSIVELY FOR APOLLO GUESTS.
A **YELLOW** OR **PINK** AQUA VISTA PBP WRISTBAND IS REQUIRED TO PARTICIPATE.

SPORTS PROGRAM

SUNDAY 18/1/2026

MORNING

08.00 MORNING MOBILITY @ Pink Platform

09.00 WOD/W ANGELICA @ WOD BOX

10.00 CORE 30 min WITH ANGELICA @Pink Platform

10.00 INDOOR CYCLING @ Fitness Centre

11.00 MOBILITY @ Pink Platform

12.00 **BEST OF AQUA EVER** @ Cubana Pool

AFTERNOON

15.00 POWERWALK TO THE BEACH 45 min

@ Pink Platform

15.00 CIRCUITE TRANING @ WOD BOX

16.00 HIROX WITH ANGELICA @ WOD BOX

16.00 DANCE FUSION WITH MAGDALENA @ Pink Platform

17.00 EVENING MEDITATION WITH MAGDALENA @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH **extra

charge**

ADDITIONAL CLASSES

PADEL

09.00 PADEL LESSON BEGINNER @ Padel courts

10.00 PADEL LESSON INTERMEDIATE @ Padel courts

11.00 SOCIAL PADEL BEGINNER @ Padel courts

14.45 INTRO TO PICKLEBALL MEET @ FITNESS 45 MIN @ Fitness Centre

16.00 SOCIAL PADEL INTERMEDIATE @ Padel courts

17.00 SOCIAL PADEL ALL LEVELS @ Padel courts

Redmarks = require pre booking @ fitness center.



THIS SPORTS PROGRAM IS EXCLUSIVELY FOR APOLLO GUESTS.
A **YELLOW** OR **PINK** AQUA VISTA PBP WRISTBAND IS REQUIRED TO PARTICIPATE.

SPORTS PROGRAM

MONDAY 19/1/2026

MORNING

8.00 MORNING MEDITATION WITH MAGDALENA @
Pink Platform

09.00 WOD WITH ANGELICA @ WOD BOX

10.00 DANCE FUSION WITH MAGDALENA @ Pink
Platform

11.00 CORE 30 MIN @ Pink Platform

12.00 AQUA @ Cubana Pool

AFTERNOON

15.00 POWER WALK TO THE BEACH 45 MIN @ Pink
Platform

16.00 INDOOR CYCLING @ Fitness Centre

16.00 CORE 30 MIN @ Pink Platform

16.00 HIROX WITH ANGELICA @ WOD BOX

17.00 STRETCH & RELAX @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH ****extra
charge****

ADDITIONAL CLASSES

PADEL

09.00 PADEL LESSON BEGINNER @ Padel courts

10.00 PADEL LESSON INTERMEDIATE @ Padel
courts

11.00 SOCIAL PADEL ALL LEVELS @ Padel courts

14.45 INTRO TO PICKLEBALL MEET @ FITNESS 45
MIN @ Fitness Centre

16.00 SOCIAL PADEL ALL LEVELS @ Padel courts

BIKE

BIKE

09.00

ROADBIKE TOUR INTERMEDIATE/ADVANCED
70 K

Sign up to Apollo reps at service times one day in
advance. ***extra charge 10 eruo***

SWIM

RUNNING

Redmarks = require prebooking @ fitness center.



THIS SPORTS PROGRAM IS EXCLUSIVELY FOR APOLLO GUESTS.
A **YELLOW** OR **PINK** AQUA VISTA PBP WRISTBAND IS REQUIRED TO PARTICIPATE.

SPORTS PROGRAM

TUESDAY 20/1/2026

MORNING

08.00 MORNING DUO YOGA @ Pink Platform

09.00 WOD WITH ANGELICA @ WOD BOX

10.00 GYMNASTICS FOR FITNESS WITH ANGELICA @
WOD BOX

11.00 TABATA @ Pink Platform

12.00 AQUA @ Cubana Pool

AFTERNOON

14.45 SOCIAL FOOTBALL MEET AT FITNESS
@ Fitness Centre

15.00 FOAM ROLLER @ WOD BOX

16.00 HIROX @ WOD BOX

16.00 EMBODIED MOVEMENT WITH
MAGDALENA @ Pink Platform

17.00 EVENING MEDITATION WITH
MAGDALENA @ Pink Platform

ADDITIONAL CLASSES

17.00 – 22.00 SAUNA & ICEBATH **extra
charge**

PADEL

09.00 PADEL LESSON BEGINNER @ Padel
courts

10.00 PADEL LESSON INTERMEDIATE @ Padel
courts

11.15 INTRO TO PICKLEBALL MEET @ FITNESS
45 MIN @ Fitness Centre

16.00 2H PADEL TOURNAMENT @ Padel courts
Sign up at @ Sportsbooking
extra charge 8 euro

SWIM

15:00 CRAWL BEGINNER @ Olympic Pool
extra charge 5 euro

AQUATHLON (RUN + SWIM + RUN)

16:00 RUN 800 m + SWIM 200 m + RUN 800 m
SIGN UP @ Fitness Center

Redmarks = require prebooking @ fitness center.

THIS SPORTS PROGRAM IS EXCLUSIVELY FOR APOLLO GUESTS.
A **YELLOW OR PINK** AQUA VISTA PBP WRISTBAND IS REQUIRED TO PARTICIPATE.

SPORTS PROGRAM

WEDNESDAY 21/1/2026

MORNING

- 08.00 MORNING MEDITATION WITH MAGDALENA @ Pink Platform
- 09.00 CORE, FLEXIBILITY & BALANCE WITH MAGDALENA @ Pink Platform
- 10.00 WOD @ WOD BOX
- 11.00 INDOOR CYCLING @ Fitness Centre
- 11.00 CORE 30 MIN @ Pink Platform
- 12.00 WATERPOLO @ Main Pool

AFTERNOON

- 14.45 SOCIAL FOOTBALL MEET AT FITNESS @ Fitness Centre
- 15.00 CORE 30 min @ Pink Platform
- 16.00 TABATA @ Pink Platform
- 16.00 HIROX WITH ANGELICA @ WOD BOX
- 17.00 STRETCH & RELAX WITH ANGELICA @ Pink Platform
- 17.00 – 22.00 SAUNA & ICEBATH **extra charge**

ADDITIONAL CLASSES

PADEL

- 09.00 PADEL LESSON BEGINNER @ Padel courts
- 10.00 PADEL LESSON INTERMEDIATE @ Padel courts
- 11.00 SOCIAL PADEL BEGINNER @ Padel courts
- 16.00 SOCIAL PADEL INTERMEDIATE @ Padel courts
- 17.00 SOCIAL PADEL ALL LEVELS @ Padel courts

BIKE

- 09.00 ROADBIKE TOUR BEGINNER 40K @Bike Center
- Sign up to Apollo reps at service times one day in advance. *extra charge 10 eruo*

RUNNING

- 17.00 SUNSET RUN 7KM ALL LEVELS 30 – 45 min AVG PACE 06.00
@Running Track 60 m

SWIM

- 15:00 CRAWL BEGINNER @ Olympic Pool
- 16.00 CRAWL INTERMEDIATE @Olympic Poo
- *extra charge 5 euro*

Redmarks = require prebooking @ fitness center.



THIS SPORTS PROGRAM IS EXCLUSIVELY FOR APOLLO GUESTS.
A **YELLOW OR PINK** AQUA VISTA PBP WRISTBAND IS REQUIRED TO PARTICIPATE.

SPORTS PROGRAM

THURSDAY 22/1/2026

MORNING

08.00 MORNING STRETCH @ Pink Platform

09.00 INDOOR CYCLING @ Fitness Centre

10.00 WOD WITH ANGELICA @ WOD BOX

11.00 GYMNASTICS FOR FITNESS WITH ANGELICA @
WOD BOX

12.00 AQUA @ Cubana Pool

AFTERNOON

14.45 SOCIAL FOOTBALL MEET AT FITNESS @
Fitness Centre

16.00 HIROX @ WOD BOX

16.00 DANCE FUSION WITH MAGDALENA @ Pink
Platform

17.00 EVENING MEDITATION WITH MAGDALENA
@ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH **extra
charge**

ADDITIONAL CLASSES

PADEL

09.00 PADEL LESSON BEGINNER @ Padel

courts

10.00 PADEL LESSON INTERMEDIATE @ Padel courts

11.15 INTRO TO PICKLEBALL MEET @ FITNESS 45 MIN
@ Fitness Centre

16.00 2H PADEL TOURNAMENT @ Padel courts

Sign up at @ Sportsbooking

* extra charge 8 euro *

BIKE

09.00

ROADBIKE TOUR INTERMEDIATE 70 K

Sign up to Apollo reps at service times one day in
advance. * extra charge 10 euro *

RUNNING

16.00 RUNNING INTERVALLS ALL LEVELS

(4 x 4 min work 2 min recovery + Warm up & cool down)

Meet @Running 400m track next to ice bath

SWIM

15:00 CRAWL BEGINNER @ Olympic Pool
* extra charge 5 euro *

Redmarks = require prebooking @ fitness center.



THIS SPORTS PROGRAM IS EXCLUSIVELY FOR APOLLO GUESTS.
A **YELLOW OR PINK** AQUA VISTA PBP WRISTBAND REQUIRED TO PARTICIPATE.

SPORTS PROGRAM

FRIDAY 23/1/2026

MORNING

08.00 MORNING STRETCH @ Pink Platform
09.00 INDOOR CYCLING @ Fitness Centre
10.00 WOD @ WOD BOX
11.00 CORE 30 MIN @ Pink Platform
12.00 AQUA @ Cubana Pool

AFTERNOON

15.00 FOAM ROLLER @ WOD BOX
16.00 HIROX @ WOD BOX
16.00 EMBODIED MOVEMENT WITH MAGDALENA @ Pink Platform
17.00 EVENING MEDITATION WITH MAGDALENA @ Pink Platform
17.00 – 22.00 SAUNA & ICEBATH ****extra charge****

Redmarks = require prebooking @ fitness center.

THIS SPORTS PROGRAM IS EXCLUSIVELY FOR APOLLO GUESTS.
A **YELLOW** OR **PINK** AQUA VISTA PBP WRISTBAND IS REQUIRED TO PARTICIPATE.

SPORTS PROGRAM

SATURDAY 24/1/2026

MORNING

08.00 MORNING STRETCH @ Pink Platform

09.00 INDOOR CYCLING @ Fitness Centre

10.00 WOD @ WOD BOX

10.00 CORE 30 min WITH ANGELICA @ Pink Platform

12.00 AQUA @ Cubana Pool

AFTERNOON

15.00 POWER WALK TO THE BEACH 45 MIN @ Pink Platform

15.00 FULLBODY WORKOUT @ Pink Platform

16.00 TABATA @ Pink Platform

17.00 STRETCH & RELAX @ WOD BOX

Pick up mats from pink platform

17.30 CORE WITH SPORT ACADEMY @ Pink Platform

18.00 EVENING MEDITATION WITH MAGDALENA @ Pink Platform

17.00 – 22.00 SAUNA & ICEBATH **extra charge

PADEL

ADDITIONAL CLASSES

BIKE

09.00

ROADBIKE TOUR BEGINNER/INTERMEDIATE
40 K

Sign up to Apollo reps at service times one day in advance. *extra charge 10 euro*

SWIM

15:00 CRAWL BEGINNER @ Olympic Pool
extra charge 5 euro

16:00 CRAWL INTERMEDIATE @ Olympic Pool
extra charge 5 euro

RUNNING

17:00 SUNSET RUN 7 km meet @ Sprint track 60 m
Pace: 5:00-5:30 min/km

Redmarks = require pre booking @ fitness center.



THIS SPORTS PROGRAM IS EXCLUSIVELY FOR APOLLO GUESTS.
A **YELLOW** OR **PINK** AQUA VISTA PBP WRISTBAND IS REQUIRED TO PARTICIPATE.

SPORTS PROGRAM

SUNDAY 25/1/2026
AFTERNOON

MORNING

08.00 MORNING STRETCH WITH MARIA & RASMUS

@ Pink Platform

09.00 TABATA WITH SPORTS ACADEMY @ Pink Platform

10.00 INDOOR CYCLING @ Fitness Centre

11.00 CORE 30 MIN @ Pink Platform

12.00 AQUA @ Cubana Pool

15.00 POWER WALK TO THE BEACH 45 MIN @ Pink

Platform

15.00 CIRCUIT TRAINING @ WOD BOX

16.00 WOD WITH MARIA & RASMUS @ WOD BOX

17.00 STRETCH & RELAX WITH MARIA & RASMUS @ Pink

Platform

17.00 – 22.00 SAUNA & ICEBATH **extra charge**

ADDITIONAL CLASSES

PADEL

09.00 PADEL LESSON BEGINNER @ Padel courts

10.00 PADEL LESSON INTERMEDIATE @ Padel courts

11.00 SOCIAL PADEL BEGINNER @ Padel courts

14.45 INTRO TO PICKLEBALL MEET @ FITNESS 45 MIN @ Fitness Centre

16.00 SOCIAL PADEL INTERMEDIATE @ Padel courts
17.00 SOCIAL PADEL ALL LEVELS @ Padel courts

BIKE

Bike rental available at an extra cost.

Free riding.

See map for a 40-70 km route on the boards at the bike center and WOD box

SWIM

15:00 CRAWL INTERMEDIATE @ Olympic Pool
extra charge 5 euro

BIKE

09.00

ROADBIKE TOUR INTERMEDIATE/ADVANCED
70 K

Sign up to Apollo reps at service times one day in advance. *extra charge 10 euro*

RUNNING

16:00 DESERT RUN 7,5 km meet @ Sprint track
60m
Pace: 5:00-05:30 min/km

Redmarks = require pre booking @ fitness center.



PLEASE NOTE

THIS SPORTS PROGRAM IS EXCLUSIVELY
AVAILABLE FOR GUESTS WHO HAVE

BOOKED THEIR STAY THROUGH APOLLO

THIS MEANS YOU MUST BE WEARING A
YELLOW OR PINK AQUA VISTA PBP
WRISTBAND AND HAVE BOOKED YOUR
TRIP VIA THE TOUR OPERATOR APOLLO.

THE SAME RULE APPLIES WHEN USING
THE TRAINING AREAS OUTSIDE
SCHEDULED SPORTS PROGRAM HOURS,
INCLUDING PINK PLATFORM, WOD BOX,
AND SPINNING IN THE INDOOR
CYCLING ROOM.

THANK YOU FOR YOUR
UNDERSTANDING AND COOPERATION.



HISHAM SALEH - TRIATHLON COACH

Hisham Saleh was born on August 8, 1986. He graduated from college with a degree in business administration. Since then, he has worked as a graphic designer and front-end web developer. He started swimming as a young child. And in his late twenties, he started as a triathlon player. In 2016 he started to participate in the national triathlon championship and won the gold medal in (AG) 25-29 and 3rd place overall. After that he participated in many national competitions and won many gold and silver medals. In 2018 he participated in the African championship in Charm el Sheik where he secured the second place (AG) and the first place in 2019.



Since 2019 he has participated in the national cycling championship where he and his team won the first place 3 years in a row and he won the first place over all twice as an individual. In 2020, he started his journey as a swimming and triathlon coach by obtaining a degree in swimming from the General Syndicate of Sports and a degree in basic triathlon coaching from the Egyptian Triathlon Federation and an Ironman coach certification. He worked as an assistant coach for the triathlon team at the GWSC club, where he gained experience in developing and adapting triathlon programs for beginner and intermediate triathletes. Highlight achievements: -First place at the triathlon African championship (AG). -Two times first place in the national cycling cup. -First place as a team member in the national cup 3 times. -Multiple times first place in the national triathlon championship. (AG). -Multiple times first place in triathlon races in Sahl Hashesh (AG).

CLARA – PADEL COACH

Meet Clara – your passionate padel and pickleball coach.

Clara, originally from Sweden, has always been driven by her love for sports. She grew up trying just about everything, but tennis quickly became her greatest passion. 🎾 After many years of competing at a high level, she discovered padel – and it was love at first rally! The fast-paced, social, and tactical nature of the game instantly drew her in.

With her background in racket sports and years of experience both as a player and coach, Clara is dedicated to helping players of all levels develop their game. Whether you're holding the racket for the first time or looking to refine your technique, Clara brings structure, positivity, and a motivating energy to every session.



Join Clara for Padel or Pickleball sessions – you'll find all the days and times in the sports program.

If you're ready to take your game to the next level, she also offers private coaching – available for individuals, duos, or small groups.

Key Insights from Coach Clara:

Smart Fundamentals: Master the basics – from grip and positioning to movement and timing. Small improvements make a big difference!

Play with Passion: Enjoy every rally! The more fun you have, the faster you'll grow.

Confidence on Court: Believe in your game. Padel and pickleball are just as mental as they are physical.

Conclusion:

For Clara, it's not just about technique – it's about fun, flow, and feeling good on court. Step in, give it your best, and leave with a smile (and maybe a few new tricks up your sleeve 😊).

See you on the court! 🎾💪

AQUATHLON

RUN 800 m – SWIM 200 m – RUN 800 m

BEST RESULTS WEEK 45:

NAME:	RUN 800 m	SWIM 200 m	RUN 800 m	TOTAL:
ANDERS	2min 58s	3 min 08 s	3 min 37 s	11 min 29 s
SEBASTIAN	2 min 56 s	3 min 50 s	3 min 07 s	11 min 37 s

BEST RESULTS THIS SEASON (start 8 oct):

MEN:

ANDERS

11 min 29 s

WOMEN:

You want your name on the
leaderboard? Join our weekly race!
Every Tuesday!

FOLLOW US ON INSTAGRAM!



@AQUAVISTAPOWEREDBYPLAYITAS

Find our Instagram behind the QR-code! You can tag us:
@aquavistapoweredbyplayitas &
@apollosports ☺

PADEL TOURNAMENT

SEE THE SPORTS PROGRAM FOR DAY AND TIME



Come join our friendly padel tournament up at the courts.

All levels are welcome to join!
Sign-up in the sports booking SHOP.
Charge 8 euro/person.
No partner needed.

If you don't feel like joining the competition, do not hesitate to come hangout on the side with us!

We're promising good vibes ONLY!

Please note:

**During Open Gym and individual training,
the music system is strictly for staff use only
and may**

not be used by guests.

We kindly ask you to respect this rule.

 **Please use headphones or bring your
own portable speaker if you wish to play
music.**

TRIATHLON RACE

RUN 800 m – SWIM 200 m – RUN 800 m

BEST RESULTS WEEK 45:

NAME:	RUN 800 m	SWIM 200 m	RUN 800 m	TOTAL:
ANDE RS	2min 58s	3 min 08 s	3 min 37 s	11 min 29 s
SEBAS TIAN	2 min 56 s	3 min 50 s	3 min 07 s	11 min 37 s

BEST RESULTS THIS SEASON (start 8 oct):

MEN:

ANDERS
11 min 29 s

WOMEN:

You want your name on the
leaderboard? Join our weekly race!
Every Tuesday!

WOD BOX RULES

Opening hours for individual use:

12:00 – 15:00 & 18:00 – 21:00

Please ask the coach in the Fitness Center to open the door for you.

Classes and group reservations always have priority.

We kindly ask you to note that the music system is for hotel staff use only and not permitted for personal use.

Thank you for your understanding and cooperation.

HISHAM SALEH – SWIM, BIKE & RUN COACHING

Hisham offers several different types of coaching.

Group coaching

Crawl beginner - For you who can swim but want to learn the basics of crawl.

Crawl intermediate - For you who already know the basics of crawl but want to improve your technic.

The groups consist of a maximum of 8 people and cost **5 euros**. See the sports program for days and times. Sign up and pay in the sports booking/shop

Hisham also offers private coaching in running, cycling, and swimming.

This is for you who, regardless of level, want to be in extra focus and improve yourself.

You sign up directly with Hisham to a cost of 20 euro / hour.

The payment will be done at the sport booking / shop.

Information for Apollo Guests

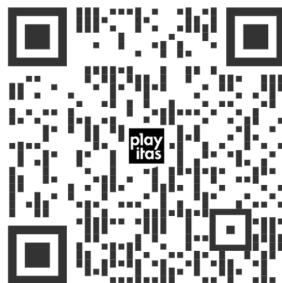
Hello and a warm welcome to Aqua Vista!

This information applies only to guests who have booked their stay through Apollo.

Our guides and trainers are available every day during the advisory service hours listed in your welcome materials. You can find us in the Trattoria Restaurant, also known as the Apollo Restaurant. We are here to assist you with anything you may need during your stay.

Apollo Service Office

Monday–Sunday
09:00–09:45
13:00–13:45
(Fridays: 09:00–09:45 only)



By scanning the QR code, you will find:

All information about how the sports program works
How to book classes
How to rent equipment
How to find all training areas and facilities

As an Apollo guest, you have access to a wide range of sports, classes, and training facilities. We hope you enjoy a fantastic week with us!