

Neilson Sardinia  
Activity Timetable (example)  
Baia Dei Mori Beachclub



# ACTIVITY PLANNER

## Your guide to our activities & events

Use this planner to help you plan your holiday, focus on your favourite activities or the things you'd really like to try, then plan the others around these.

Come and meet our expert teams who'll answer any questions you have and book activities for you.

## Signing up for sports & activities

Some of our sports & activities require you to sign up and some are at an additional cost.

(S) - Sign up € - Additional Cost

You'll be able to book activities directly after the welcome briefing and at the respective department thereafter.

## Colour Grading

Some of our activities and sports are graded with a colour system.

Green - Beginner  
Blue - Intermediate  
Red - High Intermediate  
Black - Advanced



Saturday.

Sunday.

Monday.

Tuesday.

Wednesday.

Thursday.

Friday.

MONDAY	AM	PM
<b>WATER SPORTS</b> 	<b>BEACH BRIEFING</b> MAN ARRIVALS 09:30 <b>RYA START WINDSURF (S)</b> 09:45 - 12:15 <b>RYA START SAILING (S)</b> 09:45 - 12:15 <b>BLUE WINDSURF CLINIC (S)</b> 10:00 - 12:30 <b>INTRO TO SUP</b> 10:00-11:00	<b>BLUE SAILING CLINIC (S)</b> 14:30 - 16:30 <b>RED SAILING CLINIC (S)</b> 14:30 - 16:30 <b>RED WINDSURF CLINIC (S)</b> 14:30 - 16:30 <b>DINGHY RACING (S)</b> 15:00 - 1700
<b>BIKES</b> 	<b>FREE RIDING AVAILABLE</b> 8:00 - 18:00 <b>BLUE ROAD (S)</b> 08:30 (27KM)	<b>FREE RIDING AVAILABLE</b> 08:00 - 18:00 <b>GREEN MTB (S)</b> 15:00 (10KM)
<b>TENNIS</b> 	<b>RED TENNIS</b> TENNIS COURTS (S) 08:30 <b>BLACK TENNIS</b> TENNIS COURTS (S) 09:30 <b>GREEN TENNIS</b> TENNIS COURTS (S) 10:30 <b>BLUE TENNIS</b> TENNIS COURTS (S) 11:30 <b>TEEN BEGINNER TENNIS</b> (S) 11:30	<b>BLUE/ RED TENNIS</b> TENNIS COURTS 15:00 <b>SUPER DRILLS (€)</b> TENNIS COURTS 16:00 <b>SOCIAL TENNIS</b> TENNIS COURTS 18:00
<b>FITNESS</b> 	<b>YOGA</b> FITNESS DECK 08:00 <b>WOD</b> FITNESS DECK 09:45 <b>FITNESS PILATES</b> FITNESS DECK 10:45 <b>AQUA</b> POOL 12:00	<b>MOBILITY STRETCH</b> FITNESS DECK 15:30 <b>ZUMBA</b> FITNESS DECK 16:15 <b>BOXFIT</b> FITNESS DECK 17:00 <b>STRETCH &amp; RELAX</b> FITNESS DECK 18:00
<b>CHILDREN'S CLUB &amp; TEENS</b> 	<b>CHILDREN'S CLUB WELCOME MEETING</b> MAN - RESTAURANT 09:00 <b>CHILDREN'S CLUB START</b> 09:30 <b>HOTSHOTS</b> BEACH RECEPTION 09:30 - 17:30	<b>CHILDREN'S CLUB FINISH</b> 17:30
<b>EVENTS &amp; ENTERTAINMENT</b> 		<b>VOLLEYBALL</b> 18:00 - 19:00
<b>EXTRAS</b> 		

TUESDAY	AM	PM
<b>WATER SPORTS</b> 	<b>INTRO TO SAILING</b> 09:30-10:30 <b>PADDLE TO TOWN (S)</b> 09:30-11:30 <b>INTRO TO WINDSURFING</b> 10:30-11:30	<b>REGATTA (S)</b> 14:30 - 16:30
<b>BIKES</b> 	<b>FREE RIDING AVAILABLE</b> 8:00 - 18:00 <b>RED ROAD (S)</b> 08:30 (46KM)	<b>FREE RIDING AVAILABLE</b> 08:00 - 18:00
<b>TENNIS</b> 	<b>BLACK TENNIS</b> TENNIS COURTS (S) 08:30 <b>RED TENNIS</b> TENNIS COURTS (S) 09:30 <b>BLUE TENNIS</b> TENNIS COURTS (S) 10:30 <b>GREEN TENNIS</b> TENNIS COURTS (S) 11:30	<b>BLUE/ RED TENNIS</b> TENNIS COURTS 15:00 <b>SUPER DRILLS (€)</b> TENNIS COURTS 16:00 <b>SOCIAL TENNIS</b> TENNIS COURTS 18:00
<b>FITNESS</b> 	<b>SOCIAL RUN</b> RECEPTION 07:30 <b>YOGA</b> FITNESS DECK 08:00 <b>FAMILY ZUMBA</b> FITNESS DECK 09:45 <b>WOD</b> FITNESS DECK 10:45 <b>AQUA</b> POOL 12:00	<b>FITNESS PILATES</b> FITNESS DECK 15:30 <b>CIRCUITS</b> FITNESS DECK 16:15 <b>ABS &amp; CORE</b> FITNESS DECK 17:00 <b>STRETCH &amp; RELAX</b> FITNESS DECK 18:00
<b>CHILDREN'S CLUB &amp; TEENS</b> 	<b>FAMILY MORNING</b> <b>HOTSHOTS</b> BEACH RECEPTION 09:30 - 17:30	<b>CHILDREN'S CLUB STARTS</b> 14:30 <b>CHILDREN'S CLUB FINISHES</b> 23:00
<b>EVENTS &amp; ENTERTAINMENT</b> 		<b>VOLLEYBALL</b> 18:00 - 19:00 <b>SARDINIA NIGHT (€)</b> RESTAURANT 19:30
<b>EXTRAS</b> 		



WEDNESDAY	AM	PM
<b>WATER SPORTS</b> 	<b>RYA START WINDSURF (S)</b> 09:45 - 12:15 <b>RYA START SAILING (S)</b> 09:45 - 12:15 <b>BLUE WINDSURF CLINIC (S)</b> 10:00 - 12:30	<b>BLUE SAILING CLINIC (S)</b> 14:30 - 16:30 <b>RED SAILING CLINIC (S)</b> 14:30 - 16:30 <b>RED WINDSURF CLINIC (S)</b> 14:30 - 16:30 <b>DINGHY RACING (S)</b> 15:00 - 17:00
<b>BIKES</b> 	<b>FREE RIDING AVAILABLE</b> 8:00 - 18:00 <b>RED MTB (S)</b> 09:00 (24KM)	<b>FREE RIDING AVAILABLE</b> 08:00 - 18:00 <b>BLUE ROAD (S)</b> 15:00 (19KM)
<b>TENNIS</b> 	<b>FIT FOR TENNIS</b> TENNIS COURTS 07:30 <b>RED TENNIS</b> TENNIS COURTS (S) 08:30 <b>BLACK TENNIS</b> TENNIS COURTS (S) 09:30 <b>GREEN TENNIS</b> TENNIS COURTS (S) 10:30 <b>BLUE TENNIS</b> TENNIS COURTS (S) 11:30	<b>BLUE/ RED TENNIS</b> TENNIS COURTS 15:00 <b>COACHES EXHIBITION</b> TENNIS COURTS 17:00 <b>BOOZE AND BALLS</b> TENNIS COURTS 18:00
<b>FITNESS</b> 	<b>YOGA</b> FITNESS DECK 08:00 <b>HIT</b> FITNESS DECK 09:00 <b>LBT</b> FITNESS DECK 09:45 <b>FITNESS PILATES</b> FITNESS DECK 10:45 <b>AQUA</b> POOL 12:00	<b>ABS &amp; CORE</b> FITNESS DECK 16:15 <b>WOD</b> FITNESS DECK 17:00 <b>STRETCH &amp; RELAX</b> FITNESS DECK 18:00
<b>CHILDREN'S CLUB &amp; TEENS</b> 	<b>CHILDREN'S CLUB STARTS</b> 09:30 <b>HOTSHOTS</b> BEACH RECEPTION 09:30 - 17:30	<b>CHILDREN'S CLUB FINISHES</b> 17:00 <b>EVENING CARE AVAILABLE (€)</b> 19:00 - 23:00
<b>EVENTS &amp; ENTERTAINMENT</b> 	<b>MORNING WALK</b> 09:30 - 11:30	<b>VOLLEYBALL</b> 18:00 - 19:00 <b>ENTERTAINMENT</b> POOL BAR 21:30
<b>EXTRAS</b> 		



THURSDAY	AM	PM
<b>WATER SPORTS</b> 	<b>FAMILY KAYAK (S)</b> 09:30 - 11:30 <b>RYA START WINDSURF (S)</b> 09:45 - 12:15 <b>RYA START SAILING (S)</b> 09:45 - 12:15 <b>BLUE WINDSURF CLINIC (S)</b> 10:00 - 12:30	<b>BLUE SAILING CLINIC (S)</b> 14:30 - 16:30 <b>RED SAILING CLINIC (S)</b> 14:30 - 16:30 <b>RED WINDSURF CLINIC (S)</b> 14:30 - 16:30 <b>DINGHY RACING (S)</b> 15:00 - 17:00
<b>BIKES</b> 	<b>FREE RIDING AVAILABLE</b> 8:00 - 18:00  <b>RED ROAD (S)</b> 08:30 (36KM)	<b>FREE RIDING AVAILABLE</b> 08:00 - 18:00  <b>BLUE MTB (S)</b> 15:00 (19KM)
<b>TENNIS</b> 	<b>BLACK TENNIS</b> TENNIS COURTS (S) 08:30 <b>RED TENNIS</b> TENNIS COURTS (S) 09:30 <b>BLUE TENNIS</b> TENNIS COURTS (S) 10:30 <b>GREEN TENNIS</b> TENNIS COURTS (S) 11:30 <b>TEEN BEGINNER TENNIS</b> (S) 11:30	<b>BLUE/ RED TENNIS</b> TENNIS COURTS 15:00 <b>SUPPER DRILLS (€)</b> TENNIS COURTS 16:00 <b>SOCIAL TENNIS</b> TENNIS COURTS 18:00
<b>FITNESS</b> 	<b>SOCIAL RUN</b> RECEPTION 07:30 <b>YOGA</b> FITNESS DECK 08:00 <b>FAMILY CIRCUITS</b> FITNESS DECK 09:45 <b>FAMILY ZUMBA</b> FITNESS DECK 10:45 <b>AQUA</b> POOL 12:00	<b>WOD</b> FITNESS DECK 15:30  <b>LBT</b> FITNESS DECK 16:15  <b>STRETCH &amp; RELAX</b> FITNESS DECK 17:00
<b>CHILDREN'S CLUB &amp; TEENS</b> 	<b>FAMILY MORNING</b>  <b>HOTSHOTS</b> HOTSHOT AREA 09:30 - 17:30	<b>CHILDREN'S CLUB STARTS</b> 14:30  <b>CHILDREN'S CLUB FINISHES</b> 23:00
<b>EVENTS &amp; ENTERTAINMENT</b> 		<b>VOLLEYBALL</b> 18:00 - 19:00  <b>BUS TO PORT OTTIOLU</b> RECEPTION 18:45
<b>EXTRAS</b> 		<b>MASSAGE MASTER CLASS(€)</b> SPA 15:00



FRIDAY	AM	PM
<b>WATER SPORTS</b> 	<b>SUP SAFARI (S)</b> 09:30 - 11:30 <b>RYA START WINDSURF (S)</b> 09:45 - 12:15 <b>RYA START SAILING (S)</b> 09:45 - 12:15 <b>BLUE WINDSURF CLINIC (S)</b> 10:00 - 12:30	<b>BLUE SAILING CLINIC (S)</b> 14:30 - 16:30 <b>RED SAILING CLINIC (S)</b> 14:30 - 16:30 <b>RED WINDSURF CLINIC (S)</b> 14:30 - 16:30 <b>DINGHY RACING (S)</b> 15:00 - 17:00
<b>BIKES</b> 	<b>FREE RIDING AVAILABLE</b> 8:00 - 14:00  <b>BLACK ROAD (S)</b> 08:00 (74KM)	<b>FREE RIDING AVAILABLE</b> 14:00 - 18:00  <b>FAMILY RIDE (S)</b> 15:00 (10KM)
<b>TENNIS</b> 	<b>RED/ BLACK TOURNAMENT</b> 08:00  <b>BLUE/ GREEN TOURNAMENT</b> 10:00	<b>SUPER DRILLS (€)</b> TENNIS COURTS 16:00  <b>SOCIAL TENNIS</b> TENNIS COURTS 18:00
<b>FITNESS</b> 	<b>YOGA</b> FITNESS DECK 08:00 <b>WOD CHALLENGE</b> FITNESS DECK 09:00 <b>MOBILITY STRETCH</b> FITNESS DECK 10:45 <b>AQUA</b> POOL 12:00	<b>FITNESS PILATES</b> FITNESS DECK 15:30 <b>ZUMBA</b> FITNESS DECK 16:15 <b>BOXFIT</b> FITNESS DECK 17:00 <b>STRETCH &amp; RELAX</b> FITNESS DECK 18:00
<b>CHILDREN'S CLUB &amp; TEENS</b> 	<b>CHILDREN'S CLUB STARTS</b> 09:30  <b>HOTSHOTS</b> HOTSHOT AREA 09:30 - 17:30	<b>CHILDREN'S CLUB SHOW</b> 16:30 <b>CHILDREN'S CLUB FINISHES</b> 17:30 <b>EVENING CARE AVAILABLE (€)</b> 19:00 - 23:00
<b>EVENTS &amp; ENTERTAINMENT</b> 		<b>STAFF VS GUESTS VOLLEY BALL</b> 18:00 - 19:00  <b>PRESENTATION NIGHT</b> POOL BAR 21:30
<b>EXTRAS</b> 		

SATURDAY	AM	PM
<b>WATER SPORTS</b> 	<b>PADDLE SKILLS</b> 10:30-11:30	<b>FLOATING COACH</b> 14:45
<b>BIKES</b> 	<b>FREE RIDING AVAILABLE</b> 08:00 - 18:00	<b>FREE RIDING AVAILABLE</b> 08:00 - 18:00  <b>BLUE MTB (S)</b> 15:00 (26KM)
<b>TENNIS</b> 	<b>BLACK TENNIS</b> TENNIS COURTS (S) 08:30 <b>RED TENNIS</b> TENNIS COURTS (S) 09:30 <b>GREEN TENNIS</b> TENNIS COURTS (S) 10:30 <b>BLUE TENNIS</b> TENNIS COURTS (S) 11:30	<b>BLUE/ RED TENNIS</b> TENNIS COURTS 15:00  <b>SUPER DRILLS (€)</b> TENNIS COURTS 16:00
<b>FITNESS</b> 	<b>YOGA</b> FITNESS DECK 08:00 <b>ABS &amp; CORE</b> FITNESS DECK 09:00 <b>BOXFIT</b> FITNESS DECK 09:45 <b>AQUA</b> POOL 12:00	<b>WOD</b> FITNESS DECK 15:30  <b>STRETCH &amp; RELAX</b> FITNESS DECK 17:00
<b>CHILDREN'S CLUB &amp; TEENS</b> 	<b>CHILDREN'S CLUB START</b> 09:30  <b>HOTSHOTS</b> BEACH RECEPTION 09:30 - 17:30	<b>CHILDREN'S CLUB FINISH</b> 17:30
<b>EVENTS &amp; ENTERTAINMENT</b> 		
<b>EXTRAS</b> 		<b>WELCOME MEETING</b> POOL BAR 18:00



SUNDAY	AM	PM
<b>WATER SPORTS</b> 	<b>BEACH BRIEFING</b> BRS ARRIVALS 09:45  <b>INTRO TO SAILING</b> 10:00-11:00  <b>INTRO TO WINDSURFING</b> 11:00-12:00	<b>FLOATING COACH</b> 14:45
<b>BIKES</b> 	<b>FREE RIDING AVAILABLE</b> 8:00 - 18:00	<b>FREE RIDING AVAILABLE</b> 08:00 - 18:00  <b>GREEN MTB (S)</b> 15:00 (4KM)
<b>TENNIS</b> 	<b>BLACK TENNIS</b> TENNIS COURTS (S) 08:30  <b>RED TENNIS</b> TENNIS COURTS (S) 09:30  <b>BLUE TENNIS</b> TENNIS COURTS (S) 10:30  <b>GREEN TENNIS</b> TENNIS COURTS (S) 11:30	<b>BLUE/ RED TENNIS</b> TENNIS COURTS 15:00  <b>SUPER DRILLS (€)</b> TENNIS COURTS 16:00  <b>SOCIAL TENNIS</b> TENNIS COURTS 18:00
<b>FITNESS</b> 	<b>YOGA</b> FITNESS DECK 08:00  <b>LBT</b> FITNESS DECK 09:00  <b>WOD</b> FITNESS DECK 09:45  <b>AQUA</b> POOL 12:00	<b>CIRCUITRS</b> FITNESS DECK 15:30  <b>STRETCH &amp; RELAX</b> FITNESS DECK 17:00
<b>CHILDREN'S CLUB &amp; TEENS</b> 	<b>CHILDREN'S CLUB WELCOME MEETING</b> BRS - RESTAURANT 09:00  <b>CHILDREN'S CLUB START</b> 09:30  <b>HOTSHOTS</b> BEACH RECEPTION 09:30 - 17:30	<b>CHILDREN'S CLUB FINISH</b> 17:30
<b>EVENTS &amp; ENTERTAINMENT</b> 		<b>WELCOME MEETING &amp; MIX AND MINGLE</b> POOL BAR SUNDAY ARRIVALS 18:00  <b>VOLLEYBALL</b> 18:00 - 19:00  <b>ENTERTAINMENT</b> POOL BAR 21:30
<b>EXTRAS</b> 		<b>WELCOME MEETING</b> POOL BAR 18:00

