

# December 2009 Calendar for Weeks & Races 2009 - 2010



## December

03.12-12.12	Master's Triathlon Camp 50+	All	150 €
04.12-12.12	Total Body Conditioning Week	All	Free
08.12-17.12	Martial Arts Week with Brian Turner	All	50€
10.12-17.12	Off Road Running Camp with Phil Price & Ain-Alar Juhanson	All	120€
11.12-18.12	Health & Lifequality with Vibeke Lund	DK	
11.12-19.12	Pilates, Yoga & Wellness w.Imma Mateo & Team	All	125€

## January 2010

01.01-08.01	Inspiration to a Non-Smoking lifestyle	DK	70 €
01.01-08.01	Walking for life – Nordic Walking	All	110 €
01.01-08.01	Badminton Training Camp (12-17 years)	DK	100 €
07.01-21.01	Andy Cook Bike Weeks	All	125/175 €
08.01-15.01	Tennis Week with Maria Rasmussen	DK	200 €
14.01-21.01	Marathon Running Camp with Stephan Vuckovic & Phil Price	All	130 €
21.01-28.01	Duathlon Camp with Stephan Vuckovic & Phil Price	All	130 €
22.01-29.01	Veteran Badminton Tournament	All	65 €
22.01-29.01	Football Academy with Peter Rasmussen	DK	70 €
23.01	14th International Lanzarote Duathlon, 5k Run-20k Bike-2.5k Run	All	20€
28.01-04.02	Women's Only Triathlon Camp with Tanja Slater & Team	All	175 €
29.01-04.02	MTB Week w. Claus Jørgensen & Christian Nielsen	All	70 €
29.01-04.02	Come – Lets Dance! With Lone Damberg, Verner Nissen & Anker Tapgaard	All	70 €
30.01-31.01	5th 2 Stage Off Road Mountain Bike Races 30K + 60K	All	20€/30€



## February

04.02-11.02	Sprint/Olympic Distance Triathlon Camp with Joe Beer & Team	All	200 €
05.02-12.02	Boxing – A lifestyle with Poul Duvill & Thomas Damgaard	DK	100 €
06.02-18.02	goodLife – Focus on a healthy lifestyle with Sally Walker	All	
11.02-25.02	Bike Weeks with Geoff Cooke, Ain-Alar Juhanson & Team	All	125/175 €
26.02-12.03	Long Distance Triathlon Camp w. Ain-Alar Juhanson, Phil Price & Team	All	215/320 €
26.02-04.03	Walking Adventure with Lisbeth Matthesen	DK	110 €

## March

05.03-12.03	Long Distance Triathlon Camp w. Ain-Alar Juhanson, Phil Price & Team	All	215/320 €
18.03-25.03	Swim Camp	All	120 €
19.03-26.03	Health & Lifequality with Vibeke Lund	DK	
19.03-26.03	"Indoor cycling" with Peter Møller	DK	100 €

## April

09.04-15.04	Come – Let's Dance 50+ with Lone Damberg, Verner Nissen & Anker Tapgaard	All	70 €
09.04-16.04	Bike Week with Torben Hjort & Jan Bo Petersen	DK	125 €
16.04-23.04	Inspiration to a Non-Smoking lifestyle	DK	70 €
16.04-23.04	Tennis Week with Maria Rasmussen	DK	200 €
16.04-23.04	Bike Week with Tayeb Braikia	DK	125 €
18.04-29.04	Fencing with Pernille Svarre	All	50 €
22.04-29.04	Beginner's Triathlon Camp with Phil Price & Team	All	170 €
23.04-30.04	Yoga & Mind fitness with Britta Myrvg	DK	110 €

## May

01.05	26th Volcano Triathlon, 1.5K Swim - 40K Bike - 10K Run	All	50€/100€/60€/120€
06.05-13.05	Marathon Running Camp with Stephan Vuckovic & Phil Price	All	130 €
07.05-14.05	Power Week with Charlotte Bircow	DK	100 €
07.05-14.05	Fun Football Academy with Jan M. Hansen	DK	150 €
13.05-20.05	Ironman Lanzarote Pre-Race Camp with Phil Price	All	200 €
14.05-22.05	Pilates, Yoga & Wellness with Imma Mateo & Team	All	125 €
14.05-28.05	Walking for life – Nordic Walking	All	110/190 €
22.05	19th Ironman Lanzarote Spain, 3.8K Swim-180K Bike-42.2K Run	All	375€/425€



# Enjoy the Club La Santa Lifestyle

<b>June</b>		
03.06-10.06	Kickboxing – For Fitness & Fun	All 100 €
03.06-10.06	Swim Camp	All 120 €
04.06-11.06	Stress free with Sally Walker & Mark Vogel	DK 200 €
10.06-17.06	Long Distance Triathlon Camp with Phil Price	All 215 €
11.06-18.06	Cooking school – Give food a new meaning for you and your family	DK 200 €
17.06-24.06	Long Distance Bike Camp with Laurent Sillon & Phil Price	All 125 €
18.06-01.07	Pilates with Lotte Paarup	DK 125/200 €
20.06	2nd Lanzarote Wine Run 21K	All 30€

<b>July</b>		
03.07-15.07	Dance Academy with Malou Horsted	DK 50/85 €
16.07-28.07	Fit'n'Fun K.I.D.Z with Lydia Campbell, Rayne Montgomery Campbell & Fit Camp	All 35/50 €

<b>August</b>		
12.08-19.08	Swim Camp	All 120 €
28.08-09.09	goodLife – Focus on a healthy lifestyle with Sally Walker	All

<b>September</b>		
02.09-09.09	Swim Camp	All 120 €
09.09-16.09	Intermediate Triathlon Camp with Phil Price & Team	All 185 €
17.09-24.09	Power Week with Charlotte Bircow	DK 100 €
27.09-29.09	2nd Club La Santa Cycling Trophy	All 25€/75€

<b>October</b>		
23.10-04.11	goodLife – Focus on a healthy lifestyle with Sally Walker	All
29.10-05.11	Fun Football Academy with Jan M. Hansen	All 150 €
29.10-05.11	Tennis Week with Kim Lykke & Team – SOLD OUT!!!	DK 200 €

<b>November</b>		
05.11-12.11	Effective Energy with Hanne Larsen & Team	DK 130 €
05.11-19.11	International Bike Weeks with Gunnar Asmussen, Rolf Aldag, Tom Kristensen & Herman "The Artist"	All 125/150/175 €
18.11-25.11	Swim Camp	All 120 €
21.11	6th Clásica Lanzarote, 10K Road Race	All
21.11-24.11	22nd International Running Challenge, 10K/13K /5K/21K	All
28.11	21st Lanzarote Marathon Festival, Marathon, 1/2 Marathon, 1/4 Marathon, Marathon by Teams, Marathon Kids	All

<b>December</b>		
09.12-18.12	Master's Triathlon Camp 50+	All 150 €
09.12-16.12	Off-Road Running Camp with Ain-Alar Juhanson & Phil Price	All 120 €
10.12-17.12	Health & Lifequality with Vibeke Lund	DK
14.12-23.12	Martial Arts Week with Brian Turner	All 50 €
17.12-24.12	Yoga & Mind fitness with Britta Myrvig	DK 110 €

## General information:

■ Event races ■ Event weeks

DK = Danish spoken only. UK = English spoken. All = For all nationalities, but English spoken. Club La Santa reserves the right to change the dates and prices of the events and replace guest instructors. Entry forms and information folders are available from the sales offices in the UK, Germany and Denmark, and in the Sports Booking at Club La Santa. Prebooking is necessary for all events. Please contact the Events Office: [events@clublasanta.com](mailto:events@clublasanta.com) for questions regarding the races or [eventweeks@clublasanta.com](mailto:eventweeks@clublasanta.com) regarding the weeks/camps.

