

02.06–08.06

# FITNESS PROGRAMM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 – 8:15 SUNRISE YOGA AT THE BEACH	7:30 – 8:15 PILATES AT THE BEACH	7:30 – 8:15 SUNRISE YOGA AT THE BEACH	7:30 – 8:15 PILATES AT THE BEACH	7:30 – 8:15 SUNRISE YOGA AT THE BEACH	7:30 – 8:15 PILATES AT THE BEACH	
9:00 – 9:45 FUNCTIONAL TRAINING OUTDOOR FITNESS ZONE	9:00 – 9:45 STRENGTH & CONDITIONING OUTDOOR FITNESS ZONE	9:00 – 9:45 MUSCLE SCULPTING OUTDOOR FITNESS ZONE	9:00 – 9:45 FUNCTIONAL TRAINING OUTDOOR FITNESS ZONE	9:00 – 9:45 STRENGTH & CONDITIONING OUTDOOR FITNESS ZONE	9:00 – 9:45 MUSCLES SCULPTING OUTDOOR FITNESS ZONE	
10:15–11:00 FLOW DEEP STRETCHING OUTDOOR FITNESS ZONE		10:15–11:00 FULL BODY STRETCH FLEXIBILITY OUTDOOR FITNESS ZONE		10:15–11:00 FLOW DEEP STRETCHING OUTDOOR FITNESS ZONE		
12:30–13:15 YIN YOGA OUTDOOR FITNESS ZONE		12:00–12:30 H2DoMES FAMILY POOL	12:30–13:15 YIN YOGA OUTDOOR FITNESS ZONE	12:30–13:15 RESTORATIVE FLOW OUTDOOR FITNESS ZONE	12:00–12:30 H2DoMES FAMILY POOL	12:30–13:15 RESTORATIVE FLOW OUTDOOR FITNESS ZONE
			17:00–17:45 MOBILITY FLOW OUTDOOR FITNESS ZONE			17:00–17:45 MOBILITY FLOW OUTDOOR FITNESS ZONE
	18:00 – 18:45 SUNSET YOGA SPA OUTDOOR AREA		18:00 – 18:45 SUNSET YOGA SPA OUTDOOR AREA			18:00 – 18:45 SUNSET YOGA SPA OUTDOOR AREA

KIDS FOOTBALL ACADEMY (6–13)  
MONDAY TO SATURDAY  
10:15–11:00  
TENNIS COURT

