

20.10–26.10

FITNESS PROGRAMM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 – 8:15 MAT PILATES OUTDOOR SPA AREA	7:45 – 8:45 SUNRISE YOGA OUTDOOR SPA AREA	7:30 – 8:15 MAT PILATES OUTDOOR SPA AREA	7:45 – 8:45 SUNRISE YOGA OUTDOOR SPA AREA	7:30 – 8:15 MAT PILATES OUTDOOR SPA AREA	7:45 – 8:45 SUNRISE YOGA OUTDOOR SPA AREA	
9:00 – 9:45 FUNCTIONAL TRAINING OUTDOOR FITNESS ZONE	10:30–11:15 BODYWEIGHT BOOTCAMP TENNIS COURT	9:00 – 9:45 MUSCLE SCULPTING OUTDOOR FITNESS ZONE	07:30 – 08:15 FUNCTIONAL TRAINING OUTDOOR FITNESS ZONE	9:00 – 9:45 STRENGTH & CONDITIONING OUTDOOR FITNESS ZONE	07:30 – 08:15 FUNCTIONAL TRAINING OUTDOOR FITNESS ZONE	
11:30–12:15 AQUA POOL GAMES <u>ENROLL IN KID’ S CLUB</u>	11:30–12:00 INLINE SKATES TENNIS COURT FOR KIDS		9:00 – 9:45 FUNCTIONAL TRAINING OUTDOOR FITNESS ZONE		9:00 – 9:45 MUSCLES SCULPTING OUTDOOR FITNESS ZONE	
	12:00–12:30 ANGRY BIRDS TENNIS COURT FOR KIDS					

On a complimentary basis. Please book in advance.



FOOTBALL ACADEMY
For Kids Monday-Saturday(except Tuesday)
10:15-11:00 At the Tennis Court (6-13 years old)

No pre-booking required. Proper clothes are essential