

27.10–02.11

# 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		7:45 – 8:45 SUNRISE YOGA OUTDOOR SPA AREA	7:45 – 8:45 SUNRISE YOGA OUTDOOR SPA AREA		
9:00 – 9:45 FUNCTIONAL TRAINING OUTDOOR FITNESS ZONE	07:30 – 08:15 FUNCTIONAL TRAINING OUTDOOR FITNESS ZONE		07:30 – 08:15 FUNCTIONAL TRAINING OUTDOOR FITNESS ZONE	9:00 – 9:45 STRENGTH & CONDITIONING OUTDOOR FITNESS ZONE		
11:30–12:15 AQUA POOL GAMES <u>ENROLL IN KID’ S CLUB</u>	9:00 – 9:45 STRENGTH & CONDITIONING OUTDOOR FITNESS ZONE	11:30–12:15 MAT PILATES OUTDOOR FITNESS ZONE	9:00 – 9:45 FUNCTIONAL TRAINING OUTDOOR FITNESS ZONE			

On a complimentary basis. Please book in advance.



**FOOTBALL ACADEMY**  
For Kids Monday-Friday  
10:15-11:00 At the Tennis Court (6-13 years old)  
  
No pre-booking required. Proper clothes are essential