

FITNESS ACTIVITIES

OCTOBER-NOVEMBER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30 AM	YOGA 60 MINUTES	PILATES 60 MINUTES	CORE TRAINING 45 MINUTES	CORE TRAINING 45 MINUTES	CORE TRAINING 45 MINUTES	YOGA 60 MINUTES	YOGA 60 MINUTES
11.00 AM	REJUVINATING FACIAL YOGA 45 MINUTES	REJUVINATING FACIAL YOGA 45 MINUTES	REJUVINATING FACIAL YOGA 45 MINUTES	REJUVINATING FACIAL YOGA 45 MINUTES	REJUVINATING FACIAL YOGA 45 MINUTES	REJUVINATING FACIAL YOGA 45 MINUTES	REJUVINATING FACIAL YOGA 45 MINUTES
15:00		GYM CROSSFIT 60 MIN	GYM CROSSFIT 60 MIN	GYM CROSSFIT 60 MIN	GYM CROSSFIT 60 MIN	GYM CROSSFIT 60 MIN	
17:15							
18:30							



Activities must be booked 24h prior the class with concierge or front office



MEETING POINT FOR THE ACTIVITIES: **FITNESS CENTER**

In adverse weather conditions the meeting point will be **FITNESS CENTER** with an alternative activity



MEETING POINT FOR THE ACTIVITIES: **INFINITY POOL**

In adverse weather conditions the meeting point will be the **FITNESS CENTER**