

# FITNESS ACTIVITIES

MAY-SEPTEMBER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30 AM	DEEP FLOWING YOGA 60 MINUTES	PILATES 60 MINUTES	CORE TRAINING 45 MINUTES		WATER KICKBOXING 30 MINUTES	FREE PADEL COACHING FOR TEEN 8:30-10:30	
11.00 AM	REJUVINATING FACIAL YOGA 45 MINUTES IN SPA	TANGO CLASS 60 MINUTES	REJUVINATING FACIAL YOGA 45 MINUTES IN SPA		POWER WALKING 45 MINUTES	REJUVINATING FACIAL YOGA 45 MINUTES IN SPA	DEEP STRETCHING YOGA 60 MINUTES
16:00	AQUA GYM 30 MINUTES	WATER KICKBOXING 30 MINUTES	AQUA GYM 30 MINUTES		TANGO CLASS 60 MINUTES	AQUA GYM 30 MINUTES	TANGO CLASS 60 MINUTES
17:15				BOOTCAMP 45 MINUTES	HATHA YOGA 60 MINUTES	TANGO CLASS 60 MINUTES	HATHA YOGA 60 MINUTES
18:30				SUNSET STRETCHING 45 MINUTES	YOGA NIDRA 60 MINUTES	PILATES 60 MINUTES	



MEETING POINT FOR THE ACTIVITIES: **SPA**



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

In adverse weather conditions the meeting point will be **The KIDS CLUB** with an alternative activity



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

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