



# WEEKLY FITNESS PROGRAMME

For all items marked with "\*", prior booking must be made at the Info Desk at least 24 hours in advance.

Conditions apply as per package booked and a supplement might be applicable.

## MONDAY

- 09:30 am** Power walk along Belle Mare beach - Meeting point Gym Box at 09:20 am
- 04:00 pm** Ashtanga yoga on the beach - Meeting point Gym Box at 03:50 pm
- 05:00 pm** Body toning on the beach - Meeting point Gym Box at 04:50 pm

## TUESDAY

- 09:30 am** Pilates on the beach - Meeting point Gym Box at 09:20 am
- 05:00 pm** HIIT workout on the beach - Meeting point Gym Box at 04:50 pm

## WEDNESDAY

- 11:30 am** Aqua aerobics at The Social House pool
- 04:00 pm** Zumba class at Bar 31 - Meeting point Gym Box at 03:50 pm
- 05:00 pm** Body pump on the beach - Meeting point Gym Box at 04:50 pm

## THURSDAY

- 09:30 am** Meditation on the beach - Meeting point Gym Box at 09:20 am
- 04:00 pm** Ashtanga yoga on the beach - Meeting point Gym Box at 03:50 pm
- 05:00 pm** Cardio class on the beach - Meeting point Gym Box at 04:50 pm

## FRIDAY

- 09:30 am** Aqua FIT at The Social House pool
- 05:00 pm** Tabata workout on the beach - Meeting point Gym Box at 04:50 pm\*

## SATURDAY

- 09:30 am** Tai Chi on the beach - Meeting point Gym Box at 09:20 am
- 04:00 pm** Pilates on the beach - Meeting point Gym Box at 03:50 pm
- 05:00 pm** Circuit training on the beach - Meeting point Gym Box at 04:50 pm

## SUNDAY

- 09:30 am** Meditation on the beach-Meeting point Gym Box at 09:20 am
- 11:30 am** Aqua gym at The Social House pool
- 04:00 pm** Stretching class on the beach - Meeting point Gym Box at 03:50 pm