



WEEKLY SPORTS & FITNESS PROGRAMME

Kindly note that all activities must be booked at least 24 hours ahead, at Sports Village between 08:00 am and 07:30 pm.

Outdoor activities are weather-dependent and may be rescheduled or cancelled at short notice — please check with reception for updates.

** Extra charge may apply. Conditions and supplements may apply depending on your package.

MONDAY

Time	Activity	Meeting point
08:00 am	Social Run	Sports Village
09:30 am	Yoga	Riviera
11:00 am	Pilates	Riviera
04:00 pm	Workout of the Day	Sports Village
05:00 pm	Stretch & Recover	Boathouse
05:00 pm	Social Tennis	Sports Village

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**** Extra charge applies**

TUESDAY

Time	Activity	Meeting point
08:00 am	Soundbath	Riviera
09:30 am	Vinyasa Flow Yoga	Riviera
11:00 am	Abs & Core workout	Sports Village
04:00 pm	Strength & Conditioning	Sports Village
05:00 pm	Stretching & Recover	Boathouse
05:00 pm	Social Padel	Sports Village

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**** Extra charge applies**

WEDNESDAY

Time	Activity	Meeting point
08:00 am	Sound Bath	Riviere
09:30 am	Yoga	Riviera
11:00 am	Pilates	Riviera
03:00 pm	Boxfit	Sports Village
04:00 pm	Workout of the Day	Sports Village
05:00 pm	Stretch & Recover	Sports Village
05:00 pm	Social Pickleball	Sports Village

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**** Extra charge applies**

THURSDAY

Time	Activity	Meeting point
08:00 am	Social Run	Sports Village
10:00 am	Sup Yoga**	Boathouse
11:15 am	Vinyasa Flow Yoga	Riviere
03:00 pm	Strength & Conditioning	Sports Village
04:00 pm	Abs & Core workout	Sports Village
05:00 pm	Stretch & Recover	Boathouse

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**** Extra charge applies**

FRIDAY

Time	Activity	Meeting point
08:00 am	Body Pump**	Sports Village
09:00 am	Yoga	Riviera
11:00 am	Pilates	Riviera
03:00 am	Workout of the Day	Sports Village
03:00 pm	Social Pickleball	Sports Village
05:00 pm	Stretch & Recover	Boathouse

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** Extra charge applies

SATURDAY

Time	Activity	Meeting point
08:00 am	Sound Bath	Riviera
09:30 am	Vinyasa Flow Yoga	Riviera
11:00 am	Boxfit	Sports Village
03:00 am	Abs & Core Workout	Sports Village
05:00 pm	Stretch & Recover	Boathouse
05:00 pm	Social Padel	Sports Village

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**** Extra charge applies**

SUNDAY

Time	Activity	Meeting point
08:00 am	Run Intervals	Sports Village
10:00 am	SUP Yoga**	Boathouse
11:15 am	Yoga	Riviera
03:00 pm	Strength & Conditioning	Sports Village
04:00 pm	Boxfit	Sports Village
05:00 pm	Stretch & Recover	Boathouse
05:00 pm	Social Pickleball	Sports Village

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** Extra charge applies