

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
11:15 am	Aqua Gym	Main pool
04:00 pm	Workout of the Day*	Sports Village
05:00 pm	Stretch & Recover*	Sports Village
05:00 pm	Social Tennis*	Boathouse

Kindly note that all activities must be booked at least 24 hours ahead, at Sports Village.

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

TUESDAY

Time	Activity	Meeting point
08:00 am	Sound Bath*	Riviera
09:30 am	Vinyasa Flow Yoga*	Riviera
11:00 am	Abs & Core*	Sports Village
04:00 pm	Strength & Conditioning*	Sports Village
05:00 pm	Social Padel*	Sports village

Kindly note that all activities must be booked at least 24 hours ahead, at Sports Village.
**** Extra charge may apply. Conditions and supplements may apply depending on your package.**

WEDNESDAY

Time	Activity	Meeting point
08:00 am	Run Techniques*	Sports Village
08:00 am	Pilates*	Riviera
09:30 am	Yoga*	Riviera
11:15 am	Aqua Gym	Main pool
03:00 pm	Boxfit*	Sports Village
04:00 pm	Workout of the Day*	Sports Village
05:00 pm	Stretch & Recover*	Boathouse
05:00 pm	Social Pickleball*	Sports Village

Kindly note that all activities must be booked at least 24 hours ahead, at Sports Village.

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

THURSDAY

Time	Activity	Meeting point
08:00 am	Sound Bath*	Riviera
08:00 am	Social Run*	Sports Village
11:15 am	Pilates*	Riviera
03:00 pm	Strength & Conditioning*	Sports Village
04:00 pm	Abs & Core*	Sports Village
05:00 pm	Social Tennis*	Sports Village
05:00 pm	Tai Chi	Beach

Kindly note that all activities must be booked at least 24 hours ahead, at Sports Village.
**** Extra charge may apply. Conditions and supplements may apply depending on your package.**

FRIDAY

Time	Activity	Meeting point
09:30 am	Yoga*	Riviera
11:00 am	Pilates*	Riviera
11:15 am	Aqua Gym	Main pool
03:00 pm	Workout of the Day*	Sports Village
05:00 pm	Stretch & Recover*	Boathouse
05:00 pm	Social Pickleball*	Sports Village

Kindly note that all activities must be booked at least 24 hours ahead, at Sports Village.
**** Extra charge may apply. Conditions and supplements may apply depending on your package.**

SATURDAY

Time	Activity	Meeting point
08:00 am	Sound Bath*	Riviera
09:30 am	Vinyasa Flow Yoga*	Riviera
11:00 am	Boxfit*	Sports Village
11:15 am	Aqua Gym	Main pool
03:00 pm	Abs & Core*	Sports Village
04:00 pm	Workout of the Day*	Sports Village
05:00 pm	Social Padel*	Sports Village

Kindly note that all activities must be booked at least 24 hours ahead, at Sports Village.
**** Extra charge may apply. Conditions and supplements may apply depending on your package.**

SUNDAY

Time	Activity	Meeting point
08:00 am	Run Intervals*	Sports Village
08:00 am	Sound Bath*	Riviera
11:15 am	Vinyasa Flow Yoga*	Riviera
04:00 pm	Boxfit*	Sports Village
05:00 pm	Stretch & Recover*	Boathouse
05:00 pm	Social Pickleball*	Sports Village

Kindly note that all activities must be booked at least 24 hours ahead, at Sports Village.
**** Extra charge may apply. Conditions and supplements may apply depending on your package.**