



## FITNESS CLASSES & LEISURE PROGRAMME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00am	Core workout with Raphael (45 minutes)	Stability & cardio with Raphael (45 minutes)		Bands leg workout with Raphael (45 minutes)	Core workout With Raphael (45 minutes)	Core workout With Raphael (45 minutes)	REST DAY
10:00am	Full body workout with weights with Raphael (45 minutes)	Full body bands Workout with Raphael (45 minutes)		Pilates with Natalie (60 minutes)	Full body workout with Weights with Raphael (45 minutes)	Pilates with Raphael (60 minutes)	REST DAY
11:00am	Aqua gym with Raphael (30 minutes)	Aqua gym with Raphael (30 minutes)	Aqua gym with Maria (30 minutes) Yoga with Agnes (75 minutes)	Aqua gym with Raphael (30 minutes)	Aqua gym with Raphael (30 minutes)	Aqua gym with Raphael (30 minutes)	REST DAY
3:15pm	Yoga with Victoria (75 minutes)	Legs & glutes on the floor with Raphael (45 minutes)		Floor exercises with Raphael (45 minutes)	Pilates with Raphael (45 minutes)	HIIT & burn with Raphael (45 minutes)	REST DAY
4:00pm	Pilates & stretching with Raphael (60 minutes)	Pilates with Raphael (60 minutes)		TABATA & stretching with Raphael (60 minutes)	Legs & glutes with Raphael (60 minutes)		REST DAY

*All classes require advance booking and are subject to availability.*