

FITNESS CLASSES & LEISURE PROGRAMME

4th – 10th August



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00AM	Core Workout with Raphael (45 minutes)	Full Body Bands Workout with Raphael (45 minutes)	Legs Workout with Bands with Raphael (45 minutes)		Core Workout With Raphael (45 minutes)	Core Workout With Raphael (45 minutes)	SUP YOGA (60 minutes) <i>Only with bookings</i>
10:00AM	Full Body Workout with Weights with Raphael (45 minutes)	Core Workout With Raphael (45 minutes)	Full Body Workout with Weights with Raphael (45 minutes)	Pilates with Natalie (60 minutes)	Full Body Workout with Weights with Raphael (45 minutes)	Pilates with Raphael (50 minutes)	Meeting point: Columbia Water Sports
10:50AM	Aqua Gym with Raphael (30 minutes)	Aqua Gym with Raphael (30 minutes)	Aqua Gym with Raphael (30 minutes) Yoga with Agnes (75 minutes) Starts at 11:15AM	Aqua Gym with Maria (30 minutes) Starts at 11:00AM	Aqua Gym with Raphael (30 minutes)	Aqua Gym with Raphael (30 minutes) Stretching with Raphael Starts at 2:15PM	
3:15PM	Pilates with Raphael (45 minutes)	Legs & Glutes on the Floor with Raphael (45 minutes)	Floor Exercises with Raphael (45 minutes)		Pilates with Raphael (45 minutes)	Glutes with Bands with Raphael (45 minutes)	
4:00PM	Yoga with Victoria (75 minutes)	Pilates with Raphael (60 minutes)	Core Workout With Raphael (60 minutes)		Legs & Glutes with Raphael (60 minutes)		

All classes require booking and are subject to availability.

The meeting point for all classes is Spa Reception. Late show ups to yoga classes will not be accepted. The minimum age for the Spa Fitness classes is 16. To ensure the safety of all participants, our fitness instructors reserve the right to discern whether someone can participate or not. Guests participating in any of the sports & leisure activities do so at their own risk.