

FITNESS CLASSES & LEISURE PROGRAMME



Week: 15/09/2025- 21/09/2025

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|----------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------|------------------------------------------------------|
| 9:00 A.M | Full Body Workout with Weights with Raphael (45 minutes) | Core Workout with Raphael (45 minutes) | Full Body Workout with Weights with Raphael (45 minutes) | | Full Body Workout with Weights with Raphael (45 minutes) | Core Workout with Raphael (45 minutes) | SUP YOGA (60 minutes) <i>Only with bookings</i> |
| 10:00 A.M | | Full Body Workout with Weights with Raphael (45 minutes) | | Pilates with Natalie (60 minutes) | | Pilates with Raphael (60 minutes) | Meeting Point: <i>Columbia Watersports</i> |
| 10:50 A.M | Aqua Gym with Raphael (30 minutes) | Aqua Gym with Raphael (30 minutes) | Aqua Gym Starts at 11:15 Yoga with Agnes (75 minutes) Starts at 11:15 | Aqua Gym with Natalie (30 minutes) <i>Starts at 11:05</i> | Aqua Gym with Raphael (30 minutes) | Aqua Gym with Raphael (30 minutes) | |
| 3:15 P.M | Full Body Workout with Weights With Raphael (45 minutes) | Core Workout with Raphael (45 minutes) | Core Workout with Raphael (45 minutes) | | Pilates with Raphael (45 minutes) | Glutes with Bands with Raphael (45 minutes) | |
| 4:00 P.M | Yoga with Victoria (75 minutes) | Pilates with Raphael (60 minutes) | Floor Exercises with Raphael (60 minutes) | | Full Body Workout with Weights 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.