

FITNESS CLASSES & LEISURE PROGRAMME



Week: 6/10/2025 - 12/10/2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 A.M							SUP YOGA (60 minutes) Only with bookings
10:00 A.M		Pilates with Natalie (60 minutes)	Full Body Workout with Weights with Natalie (60 minutes)	Pilates With Natalie (60 minutes)	Dance Aerobic with Natalie (60 minutes)		Meeting point: Columbia Watersports
11:10 A.M		Aqua Gym with Natalie (30 minutes)	Aqua Gym with Natalie (30 minutes) Yoga with Agnes Starts at 11:15	Aqua Gym with Maria (30 minutes) Starts at 11:00	Aqua Gym With Natalie (30 minutes)		
3:15 P.M							
4:00 P.M							

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.