

FITNESS CLASSES & LEISURE PROGRAMME



Week: 29/12/2025 - 04/01/2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 A.M	Core Workout with Raphael (45 minutes)	Full Body Bands Workout with Rafael (60 minutes)	Core Workout with Raphael (45 minutes)	REST DAY	Core Workout with Raphael (45 minutes)	Core Workout with Raphael (45 minutes)	REST DAY
10:00 A.M	Full body Workout with Weights With Raphael (60 minutes)	Pilates with Raphael (60 minutes)	Full Body Workout with Weights with Raphael (60 minutes)	REST DAY	Full Body Workout with Weights with Raphael (60 minutes)	Pilates With Raphael (60 minutes)	REST DAY
11:00 A.M	Aqua Gym with Raphael (30 minutes)	Aqua Gym with Raphael (30 minutes)	Aqua Gym with Raphael (30 minutes) Yoga with Agnes Starts at 11.15AM	REST DAY	Aqua Gym with Raphael (30 minutes)	Aqua Gym with Raphael (30 minutes)	REST DAY
3:15 P.M	Yoga with Victoria (75 minutes)	Pilates with Natalie (60 minutes) Starts at 3:00PM	Core Workout with Raphael (45 minutes)	REST DAY	Pilates With Raphael (45 minutes)	Legs & Glutes With Raphael (45 minutes)	REST DAY
4:00 P.M	Gym Training with Raphael (60 minutes)	Glutes with Bands With Raphael (45 minutes)	Floor Exercises With Raphael (60 minutes)	REST DAY	Glutes with Bands Workout with Raphael (60 minutes)		REST DAY

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.