

FITNESS CLASSES & LEISURE PROGRAMME



Week: 30/03/2026 - 05/04/2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 A.M				Core Workout with Maria (45 minutes)	Core Workout with Maria (45 minutes)	Core Workout with Maria (45 minutes)	REST DAY
10:00 A.M	Pilates with Natalie (60 minutes)	Dance Aerobics with Natalie (60 minutes)		Full Body Workout with Weights with Maria (60 minutes)	Full Body Workout with Weights with Maria (60 minutes)	Upper Body with Maria (60 minutes)	REST DAY
11:00 A.M	Aqua Gym with Natalie (30 minutes)	Aqua Gym with Natalie (30 minutes)	Yoga with Agnes <i>Starts at 11.15AM</i>	Aqua Gym with Maria (45 minutes)	Aqua Gym with Maria (45 minutes)	Aqua Gym with Maria (45 minutes)	REST DAY
3:15 P.M	Yoga With Victoria (75 minutes)			Bands & ABS with Maria (45 minutes)	Bands & ABS with Maria (45 minutes)		REST DAY
4:00 P.M				Arms & Legs with Maria (60 minutes)	Lower Body with Maria (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.