

# FITNESS CLASSES & LEISURE PROGRAMME



Week: 13/04/2026 - 19/04/2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 A.M		Core Workout with Maria (45 minutes)	<b>5km</b> running/walking Meeting point: <b>East Wing entrance</b> <b>Starts at 8 AM</b>	Core Workout with Maria (45 minutes)	Core Workout with Maria (45 minutes)	REST DAY	
10:00 A.M		Upper Body with Maria (45 minutes)	Full Body Workout with Maria (60 minutes)	Pilates with Natalie (60 minutes)	Legs& shoulders with Maria (45 minutes)	REST DAY	
11:00 A.M		Aqua Gym with Maria (45 minutes)	Aqua Gym with Maria (30 minutes) Yoga with Agnes <b>Starts at 11.15AM</b>	Aqua Gym with Maria (45 minutes)	Aqua Gym with Maria (30 minutes)	REST DAY	Aqua Gym with Maria (45 minutes)
3:15 P.M	Yoga With Victoria (75 minutes)		Core Workout With Maria (45 minutes)		Full Body Workout with Maria (60 minutes)	REST DAY	
4:00 P.M		Glutes & ABS with Maria (45 minutes)	Gym Training with Maria	Upper body with Maria (45 minutes)	Gym Training with Maria	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.