

FITNESS CLASSES & LEISURE PROGRAMME



Week: 18/05/2026 - 24/05/2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 A.M	Upper body With Maria (45 minutes)	Core Workout with Maria (45 minutes)	5km running/walking Meeting point: East Wing entrance Starts at 8 AM	Core Workout with Maria (45 minutes)	Padel Introduction (45minutes)	Core Workout with Maria (45 minutes)	REST DAY
10:00 A.M	Core Workout with Maria (45 minutes)	Full Body Workout with Maria (45minutes)	Archery Meeting point: Spa reception	Pilates with Natalie (60 minutes)	Full Body Workout with Maria (45minutes)	Circuit Training with Maria (45 minutes)	REST DAY
11:00 A.M	Aqua Gym with Maria (45 minutes)	Aqua Gym with Maria (45 minutes)	Yoga with Victoria (75 minutes) Starts at 11.15AM	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)		Full Body Stretching with Maria (45 minutes)	Glutes & ABS with Maria (45 minutes)	Gym Training with Maria (45 minutes)	REST DAY	REST DAY
4:00 P.M		Gym Training with Maria (45 minutes)		Full Body Stretching with Maria (45 minutes)		REST DAY	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.