

LEISURE ACTIVITES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30	Beach Jogging	Core Strengthening	Powerwalk	Boot camp	Beach Jogging	Bike tour to flic en flac*	Core Strengthening
09:30	Aqua Gym Main Pool	Aqua Gym Main Pool	Circuit session		Aqua Gym Main Pool		Aqua Gym Main Pool
09:30				Tamarin Walk			Tamarin Walk
11:30		Bike tour to flic en flac*			Bike tour to flic en flac*	Circuit session	
17:00	Table tennis	Yoga (Complimentary)	Aqua Gym Main Pool	Aqua Gym Main Pool	Intermediate Yoga*	Aqua Gym Main Pool	Intermediate Yoga*
17:30	Boot camp			Meditation*	Core Strengthening		

- Activities are subject to prevailing weather conditions & may change without notice.
- For more information, please call the spa on EXT 1625 or concierge on EXT 1670.
- *Chargeable activities

- Our fitness instructors are available from 8.00 to 20.00 hrs. We offer personal fitness sessions with prior appointments (charges apply).

