

WEEKLY FITNESS SCHEDULE



MONDAY

FIT CHALLENGE
8AM
FITNESS LAWN

MAT PILATES
9.30AM
THE STUDIO

TUESDAY

WATERFALL WALK
7.30AM
MAIN GATE

AB'SOLUTION
9.30AM
THE STUDIO

WEDNESDAY

HAPPY HIPS YOGA
7:15AM
SUNSET DECK

BOOT CAMP
8AM
FITNESS LAWN

HATHA YOGA
8:15AM
THE STUDIO

BEGINNERS YOGA
9AM
THE STUDIO
Complimentary

THURSDAY

SUNRISE YOGA
7:15AM
SUNSET DECK

BEGINNERS YOGA
8AM
SUNSET DECK
Complimentary

FIT CHALLENGE
8:15AM
FITNESS LAWN

LEGS, BUMS & TUMS
10AM
THE STUDIO

FRIDAY

BOOT CAMP
8AM
FITNESS LAWN

**VINYASA FLOW
YOGA**
9AM
THE STUDIO

AB'SOLUTION
10AM
THE STUDIO
Complimentary

SATURDAY

MARKET WALK
7.30AM MAIN GATE
\$40 per person

Advanced Reservations are required.

All activities are USD \$30 and exclusive of service charge unless otherwise stated.

For bookings, please contact our fitness reception on EXT 3022

CLOSED TOED FITNESS SHOES ARE REQUIRED TO ACCESS THE FITNESS CENTER