WEEKLY FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIT CHALLENGE 8AM FITNESS LAWN	**WATERFALL WALK** 7.30AM MAIN GATE	**HAPPY HIPS YOGA** 7:15AM SUNSET DECK	**SUNRISE YOGA** 7:15AM SUNSET DECK	**BOOT CAMP** 8AM FITNESS LAWN	**MARKET WALK** 7.30AM MAIN GATE *$40 per person*
MAT PILATES 9.30AM THE STUDIO	**AB'SOLUTION** 9.30AM THE STUDIO	**BOOT CAMP** 8AM FITNESS LAWN	**BEGINNERS YOGA** 8AM SUNSET DECK *Complimentary*	**VINYASA FLOW YOGA** 9AM THE STUDIO	**AB'SOLUTION** 10AM THE STUDIO
	SUNSET YOGA 5PM SUNSET DECK	**HATHA YOGA** 8:15AM THE STUDIO	**FIT CHALLENGE** 8AM FITNESS LAWN	**AB'SOLUTION** 10AM THE STUDIO *Complimentary*	
		BEGINNERS YOGA 9AM THE STUDIO *Complimentary*	**CORE YOGA** 9AM THE STUDIO		
		MAT PILATES 9.30AM THE STUDIO	**LEGS, BUMS & TUMS** 10AM THE STUDIO		

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