

FITNESS SCHEDULE

Sunday to Friday

7:30-8:15 SUNRISE YOGA @ BEACH

17:00-17:45 SUNSET YOGA @ BEACH

Monday to Saturday

8:30-9:15 MOMENTUM FUNCTIONAL TRAINING @
OUTDOOR FITNESS AREA

Wednesday & Friday

12:00-12:45 PILATES @ OUTDOOR FITNESS ZONE

KIDS FOOTBALL ACADEMY 10:15-11:00
@ TENNIS COURT
MONDAY TO SATURDAY

PLEASE ENROLL YOURSELVES AT
CONCIERGE DESK OR THROUGH OUR
MINISITE

10€ SUPPLEMENT IS APPLIED IN ADULT
SESSIONS