



Relax & Balance department

GROUND FLOOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 - 09:00	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching
09:00 - 10:00	Energy Awakening	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching	Energy Awakening

Outdoor Activity

GROUND FLOOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 11:00	GUIDED OUTDOOR						

Fitness Indoor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17:00 - 17:45	Postural Pilates Relax & Balance department	Acquagym Pool	Full Body Workout Gym	Acquagym Pool	Postural Pilates Relax & Balance department	Acquagym Pool	Circuit Training Gym

**Please note: classes are subject to change and seasonal adjustments.*