

FITNESS & RECREATION



Activity	Time/ Heure/ Zeit	Monday/Lundi /Montag	Tuesday/Mardi /Dienstag	Wednesday/Mercredi /Mittwoch	Thursday/Jeudi /Donnerstag	Friday/Vendredi /Freitag	Saturday/Samedi /Samstag	Sunday/Dimanche /Sonntag
		9	10	11	12	13	14	15
Sunrise Early Start up	7:15				JOGGING {2Km} Meeting Point Fitness	STRETCHING with seaview Meeting Point Fitness		PILATES with seaview Meeting Point Fitness
Moving Session {45mins}	8:30	MAX CARDIO AND RESISTANCE Meeting Point Fitness	POWER PUMP Meeting Point Fitness	YOGA STRETCHING with seaview Meeting Point Fitness	STEP BODY WORKOUT Meeting Point Fitness	CARDIO DANCE Meeting Point Fitness	SUMMER BOOT CAMP Meeting Point Fitness	
Aqua Activities	11:15	AQUAFIT Meeting Point Indigo Restaurant	SWIMMING LESSON Rs 1150 per person Meeting Point Fitness	AQUAZUMBA Meeting Point Indigo Restaurant	SWIMMING LESSON Rs 1150 per person Meeting Point Fitness	AQUAFIT Meeting Point Indigo Restaurant	SWIMMING LESSON Rs 1150 per person Meeting Point Fitness	SWIMMING LESSON Rs 1150 per person Meeting Point Fitness
Outdoor Fun	16:00	MINI GOLF Meeting Point Fitness	BIKE TOUR to Belle Mare Village Rs 300 per person Meeting Point Fitness	TABLE TENNIS Meeting Point Tennis Kiosk	FRENCH BOWLING {Pétanque} Meeting Point Tennis Kiosk	BIKE TOUR to Belle Mare Village Rs 300 per person Meeting Point Fitness	MINI GOLF Meeting Point Fitness	FRENCH BOWLING {Pétanque} Meeting Point Tennis Kiosk
Zen Sessions	16:00	YOGA Meeting Point Fitness	GOLFER STRETCHING Rs 1150 per person Meeting Point Fitness	YOGA Meeting Point Fitness	GOLFER PILATES Rs 1150 per person Meeting Point Fitness	YOGA Meeting Point Fitness	GOLFER PILATES Rs 1150 per person Meeting Point Fitness	GOLFER STRETCHING Rs 1150 per person Meeting Point Fitness
Complimentary Sessions {45mins}	17:00	LEGS & ABS TONING Meeting Point Fitness	TOTAL BODY CONDITIONING Meeting Point Fitness	SPINNING Meeting Point Fitness	ZUMBA Meeting Point Fitness	6 PACK ABS WORKOUT Meeting Point Fitness	JOGGING {2Km} Meeting Point Fitness	STEP BODY WORKOUT Meeting Point Fitness
Personal Coaching {60min}	18:00	Personal Coaching Rs 1150 per person Meeting Point Fitness	Personal Coaching Rs 1150 per person Meeting Point Fitness	Personal Coaching Rs 1150 per person Meeting Point Fitness	Personal Coaching Rs 1150 per person Meeting Point Fitness	Personal Coaching Rs 1150 per person Meeting Point Fitness	Personal Coaching Rs 1150 per person Meeting Point Fitness	Personal Coaching Rs 1150 per person Meeting Point Fitness

Kindly book your Personal Coaching Session in advance at the Fitness Centre or dial the Usps button on your in-room phone.