

SPORTS AND LEISURE ADULTS' ACTIVITIES - April 1-9 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00 - 08:45	CIRUIT Rouby		STRETCHING & FLEXIBILITY Rouby		CIRUIT Rouby		
09:00 - 09:45	PILATES Rouby	TABATA Mosi		PILATES Rouby	STRETCHING & FLEXIBILITY Rouby		
10:00-10:45						POWER YOGA Rouby	POWER YOGA Rouby
11:00-11:45							
12:00 - 12:45							
13:00 - 13:45							
14:00 - 14:45							
15:00 - 15:45							
16:00 - 16:45							
17:00 - 17:45			SPINNING Mosi		BARRE SCULPT LADIES ONLY Mosi	TABATA Mosi	
18:00 - 18:45							MOBILITY Mosi
19:00 - 19:45				MOBILITY Mosi			
20:00 - 20:45		BODY PUMP Amila			CIRCUIT Amila		BODY PUMP Amila
21:00 - 21:45	CIRCUIT Amila		BODY PUMP Amila	HIT Mosi		CIRCUIT Amila	

Kindly note the following:

- Booking your classes in advance is always required. Our team at the Health Club reception will be more than happy to assist you.
- The class will be cancelled after 15-minute from its starting time in case nobody shows up.
- A minimum number of 2 participants is required to run the class.
- Class timing is subject to change or cancel based on the weather conditions.

SPORTS AND LEISURE KIDS' ACTIVITIES - April 1-9 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 10:45							
11:00-11:45						FOLLOW THE COLORS	PAINTING
12:00-12:45						OBSTACLE RACE	OBSTACLE RACE
13:00 - 13:45							
14:00 - 14:45						FITNESS & SPORTS	FITNESS & SPORTS
15:00 - 15:45	COLORING	PAINTING	ORIGAMI	ARTS & CRAFTS	ORIGAMI	ARTS & CRAFTS	ORIGAMI
16:00 - 16:45	FOLLOW THE COLORS	ARTS & CRAFTS	FOLLOW THE COLORS	COLORING	PAINTING		
17:00 - 17:45	KIDS SPA	ENGINEERING	KIDS SPA	ENGINEERING	MEMORY GAMES	KIDS SPA	ENGINEERING
18:00 - 18:45							
19:00 - 19:45							

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