

## SPORTS AND LEISURE ADULTS' ACTIVITIES - March 1-11 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00 - 08:45		STRETCHING & FLEXIBILITY Rouby	SPINNING Mosi			HIIT Mosi	
09:00 - 09:45	PILATES Rouby			PILATES Rouby			
10:00-10:45		CIRUIT Rouby	MOBILITY Mosi			MOBILITY Mosi	POWER YOGA Rouby
11:00-11:45					TABATA Mosi		
12:00 - 12:45							
13:00 - 13:45							
14:00 - 14:45	ZUMBA LADIES ONLY Rouby						
15:00 - 15:45							
16:00 - 16:45							
17:00 - 17:45		BODY PUMP Amila			STRETCHING & FLEXIBILITY Rouby	POWER YOGA Rouby	
18:00 - 18:45							MEDITATION Mosi
19:00 - 19:45	CIRCUIT Amila	BARRE SCULPT LADIES ONLY Mosi	CIRCUIT Amila	TABATA Mosi	BODY PUMP Amila	CIRCUIT Amila	BODY PUMP 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 - March 1-11 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 10:45							
11:00-11:45						FOLLOW THE COLORS	ROCK 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		ENGINEERING		ARTS & CRAFTS		
16:00 - 16:45	ENGINEERING	ARTS & CRAFTS	FOLLOW THE COLORS	COLORING	ENGINEERING		
17:00 - 17:45		KIDS SPA	ARTS & CRAFTS	KIDS SPA	MEMORY GAMES	BLOCKS AND SHAPES	
18:00 - 18:45	BOARD GAMES				ORIGAMI	ENGINEERING	KIDS SPA
19:00 - 19:45	ORIGAMI	MATCH THE SHAPES	FOLLOW THE COLORS	MATCH THE SHAPES			BOARD GAMES

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