



## RESORT ACTIVITY SCHEDULE

WE ARE PLEASED TO PROVIDE THE FOLLOWING COMPLIMENTARY GROUP CLASSES FOR YOUR ENJOYMENT.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30 – 09:30	AEROBICS DANCE	BIKE AROUND THE LAKE	STAND UP PADDLE BOARD	BEGINNERS YOGA	PILATES	BEGINNERS YOGA	INTERVAL LAKE RUN
10:30 – 11:30	THAI BOXING	PETANQUE PICK UP GAME		<b>*Private Class</b>	BEACHFRONT BOOTCAMP	AEROBICS DANCE	<b>*Private Class</b>
13:00 – 14:00	DIY PAPER GIFT SET	GEL CANDLE	FAN PAINTING	PALM ORIGAMI	DIY PAPER GIFT SET	PALM ORIGAMI	GEL CANDLE
14:30 – 15:30	<b>*Private Class</b>		GEL CANDLE	AEROBICS DANCE	<b>*Private Class</b>	THAI BOXING	BEACHFRONT BOOTCAMP
16:30 – 17:30	SUNSET YOGA	STAND UP PADDLE BOARD	BIKE AROUND THE LAKE	INTERVAL LAKE RUN	THAI BOXING	FOOTBALL PICK UP GAME	SUNSET YOGA

\*Private class additional 1000++Bath and maximum 2 people per class

PARTICIPANTS ARE LIMITED IN SOME CLASSES, SO PLEASE RESERVE YOUR PLACE IN ADVANCE WITH OUR GUEST SERVICES TEAM.