



Fitness & Activities sample programme

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.15am		Morning run	Hatha stretch	Morning walk	Hatha stretch	Morning run	Morning walk
8.15am		Hatha stretch	Gym health		Gym health	Hatha stretch	
9.15am		Swimming Clinic	Swimming Clinic	Circuits	Swimming Clinic	Swimming Clinic	
10.00am		Cardiology Clinic	Body Conditioning	Full body stretch	Contrology Clinic	Core workout	Circuits
11.00am	Aqua Aerobics	Zumba	Aqua Zumba	Zumba	Aqua Aerobics	Electrosize swing	HIIT class
3.30pm	Zumba	Aqua Aerobics	Electrosize swing	Gym health	Zumba	Aqua Zumba	
4.30pm	Upper body fitness	HIIT class	Upper body fitness	Core workout	Body conditioning	Sculpt & strengthen	
5.00pm	Social Tennis	Social Tennis	Social Tennis	Social Tennis	Social Tennis	Beach volleyball	Social Tennis
6.15 pm	Sundown stretch	Beach volleyball	Sundown stretch	Sculpt & strengthen	Beach tennis	Sundown stretch	Beach volleyball