



FITNESS PROGRAM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00	Yoga Pool Bar Area	Yoga Pool Bar Area	Yoga Pool Bar Area		Yoga Pool Bar Area	Yoga Pool Bar Area	Yoga Pool Bar Area
10:00	Pilates Pool Bar Area	Pilates Pool Bar Area	Pilates Pool Bar Area		Pilates Pool Bar Area	Pilates Pool Bar Area	Pilates Pool Bar Area
11:00	Aqua Fitness Pool Bar Area	Aqua Fitness Pool Bar Area	Aqua Fitness Pool Bar Area		Aqua Fitness Pool Bar Area	Aqua Fitness Pool Bar Area	Aqua Fitness Pool Bar Area

Please inform your fitness instructor of any health issues you may have before the activity starts.