

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>6:30-7:30</u> ADULTS BOXING	<u>6:30-7:30</u> ADULTS BOXING	<u>6:30-7:30</u> ADULTS BOXING	<u>6:30-7:30</u> ADULTS BOXING	<u>6:30-7:30</u> ADULTS BOXING	<u>7:00 - 8:00</u> ADULTS BOXING	<u>6:30-7:30</u> ADULTS BOXING
<u>8:30 - 9:30</u> HATHA YOGA DIDEM	<u>8:30 - 9:30</u> YIN YOGA DIDEM	<u>8:30 - 9:15</u> AQUA SPRINT NEBOJSA	<u>8:00 - 9:00</u> YOGA BY THE BEACH DIDEM	<u>08:30 - 09:30</u> VINYASA DIDEM	<u>8:30 - 9:15</u> AQUA SPRINT NEBOJSA	<u>9:30 -10:15</u> AQUA STRENGTH WEJDENE
<u>9:30 - 10:15</u> AQUA STRENGTH WEJDENE	<u>10:15-11:00</u> AQUA AEROBICS NEBOJSA	<u>9:30-10:15</u> AQUA BOXING WEJDENE	<u>9:30-10:15</u> AQUA PILATES WEJDENE	<u>9:00 - 9:45</u> AQUA STRENGTH NEBOJSA	<u>10:00-10:45</u> PILATES WEJDENE	<u>09:00-10:00</u> LITTLE WARRIORS
<u>16:30-17:30</u> LITTLE WARRIORS	<u>16:30-17:30</u> LITTLE WARRIORS	<u>16:30-17:30</u> LITTLE WARRIORS	<u>10:00-10:45</u> BRAZILIAN GLUTES NEBOJSA	<u>16:30-17:30</u> LITTLE WARRIORS	<u>08:00-09:00</u> ADULTS BOXING	<u>11:00 - 12:00</u> TEENS BOXING
<u>17:30-18:30</u> LITTLE WARRIORS	<u>17:30-18:30</u> LITTLE WARRIORS	<u>17:30-18:30</u> LITTLE WARRIORS	<u>16:30-17:30</u> LITTLE WARRIORS	<u>17:30-18:30</u> LITTLE WARRIORS	<u>09:00-10:00</u> LITTLE WARRIORS	<u>16:30-17:30</u> LITTLE WARRIORS
<u>17:30 - 18:30</u> HIIT NEBOJSA	<u>17:30 - 18:30</u> RUN CLUB NEBOJSA		<u>17:30-18:30</u> LITTLE WARRIORS	<u>18:30 -19:15</u> AQUA SPRINT RICHIE	<u>11:00 - 12:00</u> TEENS BOXING	<u>18:30 -19:15</u> AQUA STRENGTH RICHIE
<u>19:00-20:00</u> ADULTS BOXING	<u>19:00-20:00</u> ADULTS BOXING	<u>19:00-20:00</u> ADULTS BOXING	<u>19:00-20:00</u> ADULTS BOXING	<u>19:00-20:00</u> ADULTS BOXING	<u>17:30 - 18:30</u> TEENS BOXING	<u>17:30-18:30</u> TEENS BOXING
<u>19:00 - 20:00</u> CANDLE LIGHT YOGA DIDEM					<u>16:30-17:30</u> LITTLE WARRIORS	

All classes are exclusively available to attendees aged 18 and above

Boxing, little warriors and Run club classes are offered at a special rate and are not included in any membership

For more information and bookings, please call Health Club reception on 04 457 3330 or email: palm.healthclub@fairmont.com