

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

All classes are exclusively available to attendees aged 18 and above

**Boxing, little worries 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](mailto:palm.healthclub@fairmont.com)