

WELLNESS CALENDAR

Monday



Sunrise Yoga
06:15
Spa Beach

Tuesday



Morning Yoga
06:15
Spa Beach

Wednesday



Sunrise Yoga
06:15
Spa Beach

Thursday



Early Riser's Yoga
06:15
Spa Beach

Friday



Sunrise Yoga
06:15
Spa Beach

Saturday



Harmony Flow Yoga
06:15
Spa Beach

Sunday



Aqua Zumba
16:15
Chemistry's Bar



Mat Pilates
10:15
Dolphin Beach



Full Body Workout
10:15
Dholphin Beach



Sunset Yoga
17:15
Dolphin Beach



Core Workout
10:15
Dolphin Beach



Kid's Yoga
10:15
Kid's Club