



## Weekly Activity Timetable

1 to 31 January 2026

|           | Timing         | Activity                            | Age | Trainer | Location          |
|-----------|----------------|-------------------------------------|-----|---------|-------------------|
| Monday    | 08:00 to 09:00 | Boxing Club                         | 18+ | Vadym   | Gym Studio        |
|           | 09:30 to 10:30 | Satyananda Yoga                     | 18+ | Shashi  | Gym Studio        |
|           | 12:30 to 13:30 | Warrior Flow                        | 18+ | Shashi  | Gym Studio        |
|           | 16:00 to 17:00 | Beach Yoga<br>(no booking required) | 18+ | Shashi  | Beach Bar Side    |
|           | 17:00 to 18:00 | Strong Mode                         | 18+ | Vadym   | Gym Studio        |
|           | 18:30 to 19:30 | Stretch                             | 18+ | Shashi  | Gym Studio        |
| Tuesday   | 08:30 to 09:15 | Aqua Yoga                           | 18+ | Shashi  | Adult Pool        |
|           | 09:30 to 10:30 | Strong Mode                         | 18+ | Vadym   | Gym Studio        |
|           | 12:30 to 13:30 | Satyananda                          | 18+ | Shashi  | Gym Studio        |
|           | 17:00 to 18:00 | The Challenge                       | 18+ | Vadym   | Gym Studio        |
|           | 17:00 to 18:00 | Sunset Flow                         | 18+ | Shashi  | Beach             |
| Wednesday | 09:30 to 10:30 | Hatha Yoga                          | 18+ | Shashi  | Gym Studio        |
|           | 12:30 to 13:30 | Pranayam and Breathwork             | 18+ | Shashi  | Gym Studio        |
|           | 16:00 to 17:00 | Beach Yoga<br>(no booking required) | 18+ | Shashi  | Beach Bar Side    |
|           | 18:30 to 19:30 | Mobility                            | 18+ | Shashi  | Gym Studio        |
| Thursday  | 08:00 to 09:00 | Stretch                             | 18+ | Shashi  | Gym Studio        |
|           | 09:30 to 10:30 | Boxing Club                         | 18+ | Vadym   | Gym Studio        |
|           | 15:00 to 16:00 | Functional Edge                     | 18+ | Vadym   | Gym Studio        |
|           | 17.00 to 18.00 | Roof Top Yoga                       | 18+ | Shashi  | 5th Floor Terrace |



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| Friday   | 08:00 to 09:00 | Strong Mode     | 18+ | Vadym   | Gym Studio  |
|          | 17:00 to 18:00 | Boxing Club     | 18+ | Vadym   | Gym Studio  |
| Saturday | 08:15 to 09:00 | Aquafit         | 18+ | Vadym   | Adult Pool  |
|          | 15:00 to 1600  | Boxing Club     | 18+ | Vadym   | Gym Studio  |
|          | 17:00 to 18:00 | Strong Mode     | 18+ | Vadym   | Gym Outdoor |
| Sunday   | 09:30 to 10:45 | Warrior Flow    | 18+ | Shashi  | Gym Studio  |
|          | 12:30 to 13:30 | Yoga Nidra      | 18+ | Shashi  | Gym Studio  |
|          | 17:00 to 17:45 | Sound Healing   | 18+ | Shashi  | Studio 2    |
|          | 18:30 to 19:30 | Restorative Yin | 18+ | Shashi  | Gym Studio  |

#### CLASS BOOKING REQUIREMENTS

- Please note that the class schedule may vary during special events and public holidays.
- Advance bookings are required for all sessions.
- To ensure a smooth and safe experience, we kindly ask that you arrive at least five minutes before the class begins.
- Cancellations must be made at least 12 hours in advance to avoid applicable fees.