



## Weekly Activity Timetable 1 to 31 December 2025

	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
	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
	18:30 to 19:30	Mobility	18+	Shashi	Gym Studio
Thursday	08:15 to 09:00	Aquafit	18+	Tarek/Vadym	Adult Pool
	08:00 to 09:00	Stretch	18+	Shashi	Gym Studio
	12:30 to 13:30	Restorative Yin	18+	Shashi	Gym Studio
	15:00 to 16:00	Functional Edge	18+	Vadym	Gym Studio
	17.00 to 18.00	Hatha Yoga	18+	Shashi	Gym Studio



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	Timing	Activity	Age	Trainer	Location
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+	Tarek/Vadym	Adult Pool
	15:00 to 1600	Boxing Club	18+	Vadym	Gym Studio
	17:00 to 18:00	Strong Mode	18+	Vadym	Gym Studio
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.