

ACTIVE PROGRAMME FOR ADULTS AND TEENS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 am - 8.30 am @YOGA PAVILION	MAT PILATES	YOGA SUN SALUTATION Marine Life Presentation @ 09:30am	MORNING WORKOUT (METCON)	MAT PILATES	YOGA SUN SALUTATION Marine Life Presentation @ 09:30am	MORNING WORKOUT (METCON)	YOGA SUN SALUTATION
11.30 am - 12.15 pm @BLU POOL	AQUA ZUMBA	AQUA TONE	AQUA ZUMBA	WATER VOLLEY	AQUA TONE	AQUA ZUMBA	WATER VOLLEYBALL
3.00 pm - 3.45 pm @ACTIVE	COCONUT PAINTING	DJ WORKSHOP	SIMULATOR SHOOTING	CRAB RACE	MALDIVIAN ORIGAMI	BACK OF THE HOUSE TOUR	TABLE TENNIS CHALLENGE
4.00 pm - 4.45 pm @PUMP	TRX SUSPENSION TRAINING	DRUM FITNESS	H.I.I.T HIGH INTENSITY INTERVAL TRAINING	KICKBOXING	TABATA ABS	TRX SUSPENSION TRAINING	ZUMBA FITNESS
5.00 pm - 5.45 pm @ACTIVE	ISLAND RUN	BEACH SOCCER	BEACH VOLLEYBALL	ISLAND RUN	BEACH SOCCER	BEACH VOLLEYBALL	MARINE LIFE PRESENTATION @ 05:30pm

All activities require advance booking. Please call Active at ext. 1222 or contact your Thakuru.