

ADULT WEEKLY SPORT PROGRAMME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00	YOGA	YOGA	YOGA	YOGA	STRETCHING	YOGA	YOGA
09:00	PADDLE BOARD	PADDLE BOARD	PADDLE BOARD	PADDLE BOARD	PADDLE BOARD	PADDLE BOARD	PADDLE BOARD
10:00	CROSS FIT	TABATA	CROSS FIT	TABATA	CROSS FIT	TABATA	CROSS FIT
11:00	AQUA FITNESS	AQUA FITNESS	AQUA BOXING	AQUA FITNESS	AQUA BOXING	AQUA FITNESS	AQUA BOXING
14:30	FUNTIONAL TRAINING	ABS WORKOUT	FUNTIONAL TRAINING	ABS WORKOUT	FUNTIONAL TRAINING	ABS WORKOUT	FUNTIONAL TRAINING
16:30	AQUA JUMP	AQUA CYCLE	AQUA FITMAT	AQUA JUMP	AQUA CYCLE	AQUA JUMP	AQUA JUMP
17:00	TRX	PILATES	GROUP CYCLE	STRETCHING	TRX	PILATES	GROUP CYCLE
18:00	KIDS JUMPING	KIDS JUMPING	KIDS JUMPING	KIDS JUMPING	KIDS JUMPING	KIDS JUMPING	KIDS JUMPING

LOCATION

• INDOOR WELLNESS STUDIO

YOGA | TABATA | STRETCHING |
PILATES | GROUP CYCLE

• MAIN POOL

AQUA FITNESS | AQUA JUMPING |
AQUA BOXING | AQUA CYCLE |
AQUA FITMAT

- Sports classes are with limited capacity and pre-booking is required
- For reservations, please visit the Exclusive Sports Club
- Guests must be in the activity area 5 mins in advance
- Guests must bring their own towel
- Guests must wear face mask and gloves
- Exclusive Sports Club's age limits are 16 years and above

BUILT TO DEFY