



**SPORTS ACADEMY
COMPLIMENTARY
SPORTS PROGRAM
25.07.2022-31.07.2022**

Monday 25.07.2022

09:00 - 10:00 | ZEN GARDEN | ASHTANGA YOGA
10:00 - 10:45 | INDIGO | BIKE TOUR
10:30 - 11:15 | JOY BEACH | BEACH VOLLEYBALL
11:00 - 11:45 | INDOOR POOL | AQUA BIKE
15:00 - 15:45 | ZEN GARDEN | PILATES MAT
16:00 - 16:45 | ZEN GARDEN | CRAZY ABS
16:30 - 17:15 | JOY BEACH | BEACH VOLLEYBALL
17:30 - 18:30 | INDIGO | AQUA JUMP

Wednesday 27.07.2022

09:00 - 10:00 | ZEN GARDEN | HATHA YOGA
10:00 - 10:45 | INDIGO | BIKE TOUR
10:30 - 11:15 | JOY BEACH | BEACH VOLLEYBALL
11:00 - 11:45 | INDOOR POOL | AQUA BIKE
15:00 - 15:45 | ZEN GARDEN | PILATES MAT
16:00 - 16:45 | ZEN GARDEN | TRX
16:30 - 17:15 | JOY BEACH | BEACH VOLLEYBALL
17:30 - 18:30 | INDIGO | AQUA JUMP

Friday 29.07.2022

09:00 - 10:00 | ZEN GARDEN | PRANAMAYA YIN YOGA
10:00 - 10:45 | INDIGO | BIKE TOUR
10:30 - 11:15 | JOY BEACH | BEACH VOLLEYBALL
11:00 - 11:45 | INDOOR POOL | AQUA ZUMBA
15:00 - 15:45 | ZEN GARDEN | PILATES MAT
16:00 - 16:45 | ZEN GARDEN | CRAZY ABS
16:30 - 17:15 | JOY BEACH | BEACH VOLLEYBALL
17:30 - 18:30 | INDIGO | AQUA JUMP

Sunday 31.07.2022

09:00 - 10:00 | ZEN GARDEN | RESTORATIVE YOGA
10:00 - 10:45 | INDIGO | BIKE TOUR
10:30 - 11:15 | JOY BEACH | BEACH VOLLEYBALL
11:00 - 11:45 | INDOOR POOL | AQUA BIKE
15:00 - 15:45 | ZEN GARDEN | PILATES MAT
16:00 - 16:45 | ZEN GARDEN | CROSSFIT
16:30 - 17:15 | JOY BEACH | BEACH VOLLEYBALL

Tuesday 26.07.2022

09:00 - 10:00 | ZEN GARDEN | VINYASA YOGA
10:00 - 10:45 | INDIGO | BIKE TOUR
10:30 - 11:15 | JOY BEACH | BEACH VOLLEYBALL
11:00 - 11:45 | INDOOR POOL | AQUA ZUMBA
15:00 - 15:45 | ZEN GARDEN | PILATES MAT
16:00 - 16:45 | ZEN GARDEN | ZUMBA
16:30 - 17:15 | JOY BEACH | BEACH VOLLEYBALL
17:00 - 18:00 | FOOTBAL COURT | FOOTBALL

Thursday 28.07.2022

09:00 - 10:00 | ZEN GARDEN | POWER YOGA
10:00 - 10:45 | INDIGO | BIKE TOUR
10:30 - 11:15 | JOY BEACH | BEACH VOLLEYBALL
11:00 - 11:45 | INDOOR POOL | AQUA BIKE
15:00 - 15:45 | ZEN GARDEN | PILATES MAT
16:00 - 16:45 | ZEN GARDEN | CROSSFIT
16:30 - 17:15 | JOY BEACH | BEACH VOLLEYBALL

Saturday 30.07.2022

09:00 - 10:00 | ZEN GARDEN | STRETCHING
10:00 - 10:45 | INDIGO | BIKE TOUR
10:30 - 11:15 | JOY BEACH | BEACH VOLLEYBALL
11:00 - 11:45 | INDOOR POOL | AQUA BIKE
15:00 - 15:45 | ZEN GARDEN | PILATES MAT
16:00 - 16:45 | ZEN GARDEN | ZUMBA
16:30 - 17:15 | JOY BEACH | BEACH VOLLEYBALL

YOGA: Yoga is essentially a spiritual discipline, which focuses on bringing harmony between mind and body

PILATES MAT: A system of repetitive exercises performed on a mat or other equipment to promote strength, stability, flexibility.

CROSSFIT: It is a general strength and conditioning program that aims to improve our body by working all muscle groups at high intensity.

TRX: It is a general strength and conditioning program that aims to improve our body by working all muscle groups at high intensity.

CRAZY ABS: Exercises for tight core muscles and more defined abs.

AQUA ZUMBA: Aqua zumba, on the other hand, requires 12 times more energy than normal zumba because it is also done in water. In this training against the resistance and strength of water, you will have a lot of fun and get rid of your fat.

BICYCLE TOUR: Private tour in the wonderful nature of Pina Island.