



**SPORTS ACADEMY  
COMPLIMENTARY  
SPORTS PROGRAM**

**04.07.2022 - 10.07.2022**

## Monday 04.07.2022

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 ZUMBA
15:00 - 15:45	INDIGO	DART
15:00 - 15:45	ZEN GARDEN	PILATES MAT
16:00 - 16:45	ZEN GARDEN	CRAZY ABS
16:30 - 17:15	JOY BEACH	BEACH VOLLEYBALL

## Wednesday 06.07.2022

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 ZUMBA
15:00 - 15:45	INDIGO	DART
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

## Friday 08.07.2022

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	INDIGO	DART
15:00 - 15:45	ZEN GARDEN	PILATES MAT
16:00 - 16:45	ZEN GARDEN	CRAZY ABS
16:30 - 17:15	JOY BEACH	BEACH VOLLEYBALL

## Sunday 10.07.2022

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 ZUMBA
15:00 - 15:45	INDIGO	DART
15:00 - 15:45	ZEN GARDEN	PILATES MAT
16:00 - 16:45	ZEN GARDEN	CROSSFIT
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.

## Tuesday 05.07.2022

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	INDIGO	DART
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

## Thursday 07.07.2022

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 ZUMBA
15:00 - 15:45	INDIGO	DART
15:00 - 15:45	ZEN GARDEN	PILATES MAT
16:00 - 16:45	ZEN GARDEN	CROSSFIT
16:30 - 17:15	JOY BEACH	BEACH VOLLEYBALL
17:30 - 18:30	INDIGO	AQUA JUMP

## Saturday 09.07.2022

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 ZUMBA
15:00 - 15:45	INDIGO	DART
15:00 - 15:45	ZEN GARDEN	PILATES MAT
16:00 - 16:45	ZEN GARDEN	ZUMBA
16:30 - 17:15	JOY BEACH	BEACH VOLLEYBALL
17:30 - 18:30	INDIGO	AQUA JUMP