MONDAY

SPORTS ACADEMY

TIME	EVENT	VENUE
09:00	HATHA YOGA	ZEN GARDEN
10:00	3K RUN & STRETCHING	ZEN GARDEN
13:00	HIIT WORKOUT	ZEN GARDEN
14:00	ANIMAL FLOW	ZEN GARDEN
15:00	CYCLE & JOY	ZEN GARDEN
16:00	MAT PILATES	ZEN GARDEN
16:00	BIKE TOUR	JOY BEACH
17:00	INSANE ABS	ZEN GARDEN

TUESDAY

SPORTS ACADEMY

TIME	EVENT	VENUE
08:00	VINYASA YOGA	ZEN GARDEN
10:00	MAT PILATES	ZEN GARDEN
13:00	CIRCUIT TRAINING	ZEN GARDEN
14:00	ZUMBA	ZEN GARDEN
15:00	CYCLE & JOY	ZEN GARDEN
16:00	HATHA YOGA	ZEN GARDEN
16:00	BEACH VOLLEY	JOY BEACH
17:00	INSANE ABS	ZEN GARDEN

WEDNESDAY

SPORTS ACADEMY

TIME	EVENT	VENUE
08:00	HATHA YOGA	ZEN GARDEN
10:00	3K RUN & STRETCHING	ZEN GARDEN
13:00	BRAZILIAN BUTT	ZEN GARDEN
14:00	ANIMAL FLOW	ZEN GARDEN
15:00	CYCLE & JOY	ZEN GARDEN
16:00	VINYASA YOGA	ZEN GARDEN
16:00	BIKE TOUR	JOY BEACH
16:00	INSANE ABS	ZEN GARDEN

THURSDAY

SPORTS ACADEMY

TIME	EVENT	VENUE
09:00	HATHA YOGA	ZEN GARDEN
10:00	HIIT WORKOUT	ZEN GARDEN
13:00	CIRCUIT TRAINING	ZEN GARDEN
14:00	INSANE ABS	ZEN GARDEN
15:00	BRAZILIAN BUTT	ZEN GARDEN
16:00	MAT PILATES	ZEN GARDEN
16:00	BEACH VOLLEY	JOY BEACH
16:00	INSANE ABS	ZEN GARDEN

FRIDAY

SPORTS ACADEMY

TIME	EVENT	VENUE
09:00	HATHA YOGA	ZEN GARDEN
10:00	MAT PILATES	ZEN GARDEN
13:00	BRAZILIAN BUTT	ZEN GARDEN
16:00	VINYASA YOGA	ZEN GARDEN
16:00	BIKE TOUR	JOY BEACH
17:00	INSANE ABS	ZEN GARDEN

SATURDAY

TIME	EVENT	VENUE
09:00	MAT PILATES	ZEN GARDEN
10:00	INSANE ABS	ZEN GARDEN
13:00	HIIT & JOY	ZEN GARDEN
14:00	HATHA YOGA	ZEN GARDEN
17:00	INSANE ABS	ZEN GARDEN

SUNDAY

TIME	EVENT	VENUE
09:00	3K RUN & STRETCHING	ZEN GARDEN
10:00	ANIMAL FLOW	ZEN GARDEN
13:00	BRAZILIAN BUTT	ZEN GARDEN
14:00	INSANE ABS	ZEN GARDEN
15:00	RESTORATIVE YOGA	ZEN GARDEN
16:00	CIRCUIT TRAINING	ZEN GARDEN