

AWAKEN

FITNESS

7:30 am

8:00 am

11:00 am

1:00 pm

5:00 pm

Monday		BOOTCAMP AED 160 Outdoor		FAMILY FITNESS AED 160 Fitness Centre	
Tuesday			POWER LEGS & ABS Fitness Centre		BODY UP Fitness Centre
Wednesday	BEACH STRETCHING AED 160 Royal Family Pool	UNDERWATER SOUND HEALING AED 175 The Lost Chambers Aquarium		FAMILY FITNESS AED 160 Fitness Centre	
Thursday	GLUTES & ABS Fitness Centre		FUNCTIONAL TRAINING AED 160 Fitness Centre		HIIT Fitness Centre
Friday		AQUA FITNESS AED 175 WHITE Beach		FAMILY FITNESS AED 160 Fitness Centre	
Saturday		UNDERWATER YOGA AED 175 The Lost Chambers Aquarium			POWER STRETCH Fitness Centre
Sunday		UNDERWATER YOGA AED 175 The Lost Chambers Aquarium			CORE WORKOUT 30 min Complimentary Fitness Centre