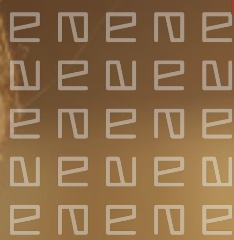


Monday

SPORTS & MEDITATION

ROUTINE



08.00 | 09.00
HATHA YOGA | CENOTE

10.00 | 11.00
STRETCHING | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
HIT CARDIO | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

14.30 | 15.30
YIN YOGA | CENOTE

15.30 | 16.30
DART | NEXT TO MANGIARE

15.45 | 16.45
CROSS FIT | FITNESS CENTER

16.30 | 17.30
BEACH VOLLEYBALL | BEACH



Tuesday

SPORTS & MEDITATION

ROUTINE

ETHNO
BELEK

08.00 | 09.00
HATHA YOGA | CENOTE

10.00 | 11.00
PILATES | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
CRUNCH | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

14.30 | 15.30
YIN YOGA | CENOTE

15.30 | 16.30
DART | NEXT TO MANGIARE

15.45 | 16.45
CIRCLE FIT | FITNESS CENTER

16.30 | 17.30
BEACH VOLLEYBALL | BEACH

Wednesday

SPORTS & MEDITATION

ROUTINE



08.00 | 09.00
HATHA YOGA | CENOTE

10.00 | 11.00
STRETCHING | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
CORE TRAINING | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

14.30 | 15.30
YIN YOGA | CENOTE

15.30 | 16.30
DART | NEXT TO MANGIARE

15.45 | 16.45
FUNCTIONAL TRAINING | FITNESS CENTER

16.30 | 17.30
BEACH VOLLEYBALL | BEACH



Thursday

SPORTS & MEDITATION

ROUTINE



08.00 | 09.00
HATHA YOGA | CENOTE

10.00 | 11.00
PILATES | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
HIT CARDIO | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

14.30 | 15.30
YIN YOGA | CENOTE

15.30 | 16.30
DART | NEXT TO MANGIARE

15.45 | 16.45
TOTAL BODY W. | FITNESS CENTER

16.30 | 17.30
BEACH VOLLEYBALL | BEACH



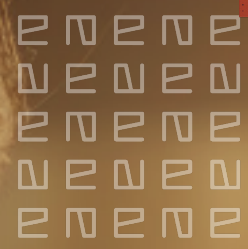
*Pilates Reformer sessions are available at an additional charge. For reservations and further information, please contact Fitness Center.



Friday

SPORTS & MEDITATION

ROUTINE



08.00 | 09.00
HATHA YOGA | CENOTE

10.00 | 11.00
STRETCHING | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
CORE TRAINING | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

14.30 | 15.30
YIN YOGA | CENOTE

15.30 | 16.30
DART | NEXT TO MANGIARE

15.45 | 16.45
FATBURN W. | FITNESS CENTER

16.30 | 17.30
BEACH VOLLEYBALL | BEACH



Saturday

SPORTS & MEDITATION

ROUTINE



08.00 | 09.00
HATHA YOGA | CENOTE

10.00 | 11.00
PILATES | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
CRUNCH | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

14.30 | 15.30
YIN YOGA | CENOTE

15.30 | 16.30
DART | NEXT TO MANGIARE

15.45 | 16.45
FULL BODY W. | FITNESS CENTER

16.30 | 17.30
BEACH VOLLEYBALL | BEACH



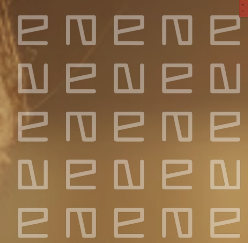
*Pilates Reformer sessions are available at an additional charge. For reservations and further information, please contact Fitness Center.



Sunday

SPORTS & MEDITATION

ROUTINE



08.00 | 09.00
HATHA YOGA | CENOTE

10.00 | 11.00
STRETCHING | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
HIT CARDIO | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

14.30 | 15.30
YIN YOGA | CENOTE

15.30 | 16.30
DART | NEXT TO MANGIARE

15.45 | 16.45
CIRCLE FIT | FITNESS CENTER

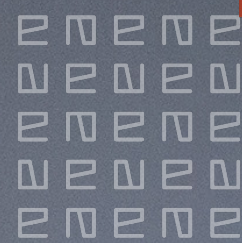
16.30 | 17.30
BEACH VOLLEYBALL | BEACH



*Pilates Reformer sessions are available at an additional charge. For reservations and further information, please contact Fitness Center.



PILATES REFORMER



Pilates Reformer seanslarımız, ücretli ve ön rezervasyonlu olarak gerçekleştirilmektedir.

Ders ücreti 60 Euro'dur. Rezervasyon oluşturmak ve detaylı bilgi almak için Fitness Center ekibimizle iletişime geçebilirsiniz.

Pilates Reformer sessions are available by advance reservation and subject to an additional fee of €60 per session. For reservations or further assistance, please do not hesitate to contact our Fitness Center team, who will be pleased to support you.

Pilates Reformer-Einheiten werden ausschließlich nach vorheriger Reservierung angeboten und sind mit einem Aufpreis von 60 € pro Sitzung verbunden. Für Reservierungen oder weiterführende Informationen steht Ihnen unser Team des Fitnesscenters jederzeit gerne zur Verfügung.

Сеансы на тренажёре Pilates Reformer доступны по предварительной записи и предоставляются за дополнительную плату в размере 60 € за занятие. Для бронирования или получения более подробной информации, пожалуйста, свяжитесь с командой нашего фитнес-центра — мы с радостью окажем вам необходимую поддержку.

