Activity Schedule – October 2020

Fairmont THE PALM

Sunday	Monday	Tuesday	*Wednesday*	Thursday	Friday	Saturday
8:00-8:45 Aqua spin Signature ROLAND	**7:30-8:20** Aqua power PUNEET	**8:00-8:50** Aqua Balance MARINA	**7:30-8:20** Aqua power ROLAND	**8:00-8:50** Aqua Balance MARINA	**8:00-8:45** Aqua spin Signature ROLAND	**8:00-8:50** Aqua power ROLAND
	9:30 – 10:30 Yoga MARINA				**10.00 – 11.00** Yoga MARINA	
11:00 – 11:45 PRAMA Strength RICHIE	**11:00 – 11:45** PRAMA Energy RICHIE	**11:00 – 11:45** PRAMA Strength RICHIE	**11:00 – 11:45** PRAMA Strength ROLAND	**11:00 – 11:45** PRAMA Strength ROLAND	**11:00 – 11:45** PRAMA Strength RICHIE	
19:00– 19:50 Aqua power RICHIE	**19:00-19.45** Aqua spin Signature RICHIE	**18:30– 19:15** PRAMA Energy RICHIE	**19:00-19.45** Aqua spin Signature RICHIE	**18:30– 19:15** PRAMA Energy ROLAND	**19:00-19.45** Aqua power PUNEET	**19:00-19.45** Aqua power PUNEET

PRAMA: Interactive circuit training where movements are guided by markings on the floor, music and LED lights.

Yoga: Hatha based flow class strengthening the body and mind, whilst improving flexibility and the connection to the breath