BODY ROCK SCHEDULE

TIME	SUITABLE FOR	VENUE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0 :30 AM	Adults	Pavilion Deck	Meditation and Sound Healing	X	Hatha Yoga	Astanga Yoga	Hatha Yoga	Astanga Yoga	Hatha Yoga
0 :00 AM	Adults	Body Rock Gym	Gym Sessions	Gym Sessions	Gym Sessions	Gym Sessions	X	Gym Sessions	Gym Sessions
11:00 AM	All Ages	Swimming Pool	Dance Fitness	Dance Fitness	Dance Fitness	Dance Fitness	X	Dance Fitness	Dance Fitness
11:30 AM	All Ages	Swimming Pool	Aqua Gym						
1 :00 PM	All Ages	Swimming Pool	Pool Games						
03:00 PM	Adults	Aerial Stage	Body Combat	HIIT Cardio	Body Combat	HIIT Cardio	X	Body Combat	HIIT Cardio
03:00 PM	10Yrs & Above	Meeting Point | Pool Bar	X	X	Snorkeling 1O1	X	Snorkeling 1O1	X	Snorkeling 1O1
0 :00 PM	Adults	Pavilion Deck	Meditation Yoga	X	Pranayama Yoga	Breathing Yoga	Meditation Yoga	Pranayama Yoga	Breathing Yoga
0 :00 PM	Adults	-	umba Octagon Garden	Mobility Exercise The Red Mat	umba Octagon Garden	Mobility Exercise The Red Mat	X	Crossfit Octagon Garden	Mobility Exercise The Red Mat

ROCK OM

TIME	SUITABLE FOR	LOCATION	CALSSES	DAYS
Anytime	All Ages	IPTV - Hard Rock Videos	enith, en and epplin	Daily

Snorkeling 1O1: Please collect your snorkeling gear from Ocean Watersport before the activity. Please note that wearing a life acket is mandatory during the snorkeling activity. Participants are required to be able to swim.

MARTIAL ARTS

TIME	SUITABLE FOR	VENUE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30 AM	Adults	The Red Mat	MMA Conditioning	Self Defense	MMA Conditioning	X	Functional Movement	MMA Conditioning	Self Defense
10:30 AM	Kids (6 & Above)	The Red Mat	Kids Jiu Jitsu	Kids Jiu Jitsu	Kids Jiu Jitsu	X	Kids Jiu Jitsu	Kids Jiu Jitsu	Kids Jiu Jitsu
03:00 PM	Adults	The Red Mat	Jiu Jitsu Private Class | USD 60 ++/ Hour / Person | Booking is required for the Private Lesson						
04:00 PM	13Yrs & Above	The Red Mat	BJJ with GI (Beginners)	BJJ (Beginner)	BJJ with GI (Beginners)	X	BJJ (Beginner)	BJJ with GI (Beginners)	BJJ (Beginner)
06:30 PM	Adults	The Red Mat	Jiu Jitsu Advance Class (Booking is required to ensure that participants have the appropriate skill level for the Advanced Jiu-Jitsu class)						

*GI: Traditional Brazilian Jiu Jitsu Uniform
*GIs are provided if you choose not to bring your own.

*Complemetry GI laundry service if you bring your own.
*Private Class: USD 60++/ Hour / Person

PLAY ON AIR - AERIAL ARTS

TIME	SUITABLE FOR	VENUE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30 AM	Adults	Aerial Arts	Hammock	Trapeze	X	Hoop	Hammock	Trapeze	Hoop
10:30 AM	Kids (6 & Above)	Aerial Arts	Hammock	Trapeze	X	Hoop	Silk	Trapeze	Hoop
03:00 PM	Adults	Aerial Arts	Aerial Arts Private Class (Except Tuesday) | USD 60 ++/ Hour / Person | Booking is required for the Private Lesson						
04:00 PM	13Yrs & Above	Aerial Arts	Silk	Trapeze	X	Hammock	Trapeze	Hoop	Hammock
06:30 PM	Adults	Aerial Arts	Aerial Arts Advance Class | (Booking is required to ensure that participants have the appropriate skill level for the Advanced Aerial Arts class)						

*Minimum Age for participation : 6 Years Old
*No Alcohol to be consumed before participating in Aerial Arts

*If you are an advanced aerialist and would like a free play session, do not hesitate to contact us