

# CLASS SCHEDULE - WEEK 17-23 FEBRUARY

# PVOLVE

MAKE SURE TO BOOK YOUR CLASS IN ADVANCE WITH OUR FITNESS TEAM, YOUR BUTLER OR VIA THE VICEROY APP  
ALL ACTIVITIES ARE USD 30 AND EXCLUSIVE OF SERVICE CHARGE UNLESS STATED OTHERWISE

To book, please contact the Spa/Fitness Reception on [sb.spareservations@viceroy.com](mailto:sb.spareservations@viceroy.com)

## MON

## TUES

## WED

## THUR

## FRI

## SAT

## SUN

### SIGNATURE SCULPT & STRENGTH

8.30AM  
THE FITNESS LAWN

*Blends functional strength training with resistance equipment that sculpt and energize the entire body.*

### FITNESS TALK

5PM  
CANE BAR TERRACE

*A general Q&A with Dani Coleman and the importance of strength training.*

*Complimentary Cocktail!*

### SCULPT & BURN

8:30AM  
THE FITNESS LAWN

*Combining the best of both worlds-targeted sculpting exercises with cardio bursts to build cardiovascular health.*

### FITNESS TALK

10AM  
SALTWOOD LOUNGE

*How your workouts should change as your physiology does, especially for women.*

*Complimentary smoothie!*

### RECOVER & STRETCH

5PM  
SUNSET DECK

*A full body stretch to improve your overall mobility, flexibility, stability, and recovery.*

### SIGNATURE SCULPT & YOGA RECOVERY

5PM  
SUNSET DECK

*Blends functional strength training with resistance equipment that sculpt and energize the entire body. Finishing with yoga poses to help ground you.*

### SIGNATURE SCULPT & STRENGTH

8.30AM  
THE FITNESS LAWN

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