

FITNESS SCHEDULE

7.30AM - 5PM



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

To book a Personal Training Session with one of our Personal Trainers, please contact the Fitness Reception on EXT 3022 today.

MON

TUES

WED

THUR

FRI

SAT

SUN

WATERFALL WALK
7:30AM
THE MAIN GATE

FIT CHALLENGE
8AM
THE FITNESS LAWN

MAT PILATES
9:30AM
THE STUDIO

AB'SOLUTION
9:30AM
THE STUDIO

SUNSET YOGA
5:00PM
THE SUNSET DECK

BOOT CAMP
8AM
THE FITNESS LAWN

HAPPY HIPS YOGA
9:00AM
THE STUDIO

MAT PILATES
9:30AM
THE STUDIO

YIN YOGA
10:00AM
THE STUDIO

SUNRISE YOGA
7.30AM
THE SUNSET DECK

FIT CHALLENGE
8AM
THE FITNESS LAWN

BEGINNERS YOGA
9:00AM
THE STUDIO
Complimentary

CORE YOGA
09:30AM
THE STUDIO

LEGS, BUMS & TUMS
10:00AM
THE STUDIO

BOOT CAMP
8AM
THE FITNESS LAWN

VINYASA FLOW YOGA
9:30AM
THE STUDIO

AB'SOLUTION
10:00AM
THE STUDIO
Complimentary

MARKET WALK
7:30AM MAIN GATE
\$40 PER PERSON

AB'SOLUTION
9:30AM
THE STUDIO

Closed toed
Fitness Shoes
required to
access the
Fitness
Centre.

