

SPORTS HAVE NEVER BEEN THIS FUN!



MONDAY 15.07.2024	TUESDAY 16.07.2024	WEDNESDAY 17.07.2024	THURSDAY 18.07.2024	FRIDAY 19.07.2024	SATURDAY 20.07.2024	SUNDAY 21.07.2024
HATHA YOGA ZEN GARDEN 09:00 - 09:50	FLY YOGA ZEN GARDEN 09:00-09:50	PRANAYAMA ZEN GARDEN 08:00- 08:30	FLY YOGA ZEN GARDEN 09:00-09:50	SUPER SCULPT ZEN GARDEN 09:00-09:40	ACRO YOGA ZEN GARDEN 09:00- 09:50	MORNING MEDITATION JOY BEACH 08:00- 08:30
JOINT GYMNASTIC ZEN GARDEN 10:00-10:50	BODY BALANCE ZEN GARDEN 10:00-10:40	HATHA YOGA ZEN GARDEN 09:00-09:50	PRANAYAMA ZEN GARDEN 10:00-10:30	STRETCHING ZEN GARDEN 10:00-10:40	HEALTHY SPINE ZEN GARDEN 10:00-10:50	FLY YOGA ZEN GARDEN 09:00- 09:50
SALSA ZEN GARDEN 11:00-11:40	AQUA SPINNING INDOOR POOL 10:00 – 11:00	MEETING SWIMMING** INDOOR POOL 10:00-11:00	BACHATA ZEN GARDEN 11:00-11:40	AQUA SPINNING INDOOR POOL 10:00 - 11:00	FUNCTIONAL TRAINING ZEN GARDEN 11:00-11:40	CORE & STABILITY ZEN GARDEN 10:00-10:30
INSANE ABS ZEN GARDEN 14:30-15:10	BACHATA ZEN GARDEN 11:00-11:40	GLUTE & LEG ZEN GARDEN 10:00-10:50	FACE YOGA ZEN GARDEN 12:00-12:30	AFRO DANCE ZEN GARDEN 11:00-11:40	WATER POLO INDOR POOL 11:00-12:00	MEETING SWIMMING** INDOOR POOL 10:00 - 11:00
WATER POLO INDOOR POOL 15:00 – 16:00	PILATES MATT ZEN GARDEN 14:30-15:10	SALSA ZEN GARDEN 11:00-11:40	HIIT WORKOUT ZEN GARDEN 14:30-15:10	INSANE ABS ZEN GARDEN 14:30-15:10	CIRCLE TRAINING GYM 14:30-15:10	ZUMBA ZEN GARDEN 11:00-11:40
LOW BODY ZEN GARDEN 15:20-16:00	CYCLE & JOY ZEN GARDEN 15:20-16:00	CIRCLE TRAINING GYM 13:30- 14:10	CYCLE & JOY ZEN GARDEN 15:20-16:00	CYCLE & JOY ZEN GARDEN 15:20-16:00	CYCLE & JOY ZEN GARDEN 15:20-16:00	INSANE CARDIO ZEN GARDEN 14:30-15:10

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STRETCHING ZEN GARDEN 16:00-16:40	ROLL RELAX ZEN GARDEN 16:20-17:00	ACRO YOGA ZEN GARDEN 14:30-15:10	STRETCHING ZEN GARDEN 16:10-16:50	STRETCHING ZEN GARDEN 16:10-16:50	STRETCHING ZEN GARDEN 16:10-16:50	CYCLE & JOY ZEN GARDEN 15:20-16:00
MEETING TENNIS*** TENNIS COURT NO: 1 17:00-18:00	BEACH VOLLEY JOY BEACH 18:00-19:00	CYCLE & JOY ZEN GARDEN 15:20-16:00	MEETING TENNIS*** TENNIS COURT NO: 1 17:00-18:00	BEACH VOLLEY JOY BEACH 18:00-19:00	MEETING TENNIS*** TENNIS COURT NO: 1 17:00-18:00	STRETCHING ZEN GARDEN 16:10-16:50
BEACH VOLLEY JOY BEACH 18:00-19:00		TOTAL STRETCH ZEN GARDEN 16:20-17:00	BEACH VOLLEY JOY BEACH 18:00-19:00		BEACH VOLLEY JOY BEACH 18:00-19:00	BEACH VOLLEY JOY BEACH 18:00-19:00
		BEACH VOLLEY JOY BEACH 18:00-19:00				

We kindly request that you make your reservation via your Joy Advisor with one day's advance notice. For safety considerations, participation in the lesson is restricted to individuals aged 16 and above."

*Please note that these activities are limited to 4 participants. We kindly ask you to book the session through your Joy Advisor!

**These activities are exclusively for children.

***Only guests over the age of 12 can participate in these activities.