



BUILD TO DEFEY

ACTIVITY PROGRAM

09:00 BIKING

09:30 YOGA / STRETCHING

11:00 CROSS FIT - TRX - TABATA

11:30 POOL GYM / SEA GYM

14:30 WATER POLO

15:00 SPIN CYCLING

15:30 PILATES / FLEXI BAR

16:00 BEACH VOLLEYBALL

17:00 KANGOO JUMP / TRAMPO JUMP

17:00 STAND-UP PADDLING / KAYAKING

Please visit the Entertainment Desk for more information