



Hebe Spa Fitness

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
9:00am	Legs & ABS	Fit Balls	Body Balance	Stretching & ABS		Functional Training	
10:00am	Gym Intro		Tennis Intro	Gym Intro	Yoga	Learn to Swim	
11:00am	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym
12:00pm		Archery**		Archery**		Archery**	
3:00pm		Table Tennis*	Badminton*	Table Tennis*	Badminton*		
4:00pm	Functional Training	Yoga	Legs & ABS	Pilates	Circuit Training	Body Balance	Stretching & ABS
4:00pm		Mini Football*			Mini Football*		

Minimum age for the Spa exercise classes is 16 years old

*Minimum age of participation is 8 years old

**Minimum age for participation is 8 years old. Kindly note that to ensure the safety of all participants, our Sports & Leisure specialist, Vlada, reserves the right to discern whether someone is able to participate or not.