

ACTIVE PROGRAMME FOR ADULTS AND TEENS

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|------------------------|------------------------|------------------------|--|----------------------------|------------------------|------------------------|
| 8.00 am - 8.30 am @PUMP | YOGA SUN SALUTATION | YOGA SUN SALUTATION | YOGA SUN SALUTATION | YOGA SUN SALUTATION | YOGA SUN SALUTATION | YOGA SUN SALUTATION | YOGA SUN SALUTATION |
| 11.30 am - 12.15 pm @EPICURE POOL | AQUA ZUMBA | AQUA TONE | AQUA ZUMBA | WATER VOLLEY | AQUA TONE | AQUA ZUMBA | AQUA TONE |
| 3.00 pm - 3.45 pm @ACTIVE | COCONUT PAINTING | DJ WORKSHOP | COFFEE ART | MALDIVIAN ORIGAMI | HEART OF THE HOUSE TOUR | MOCKTAIL CREATION | CRAB RACE |
| 4.00 pm - 4.45 pm @PUMP | TRX CIRCUIT | TABATA ABS | DRUM FITNESS | H.I.I.T HIGH INTENSITY INTERVAL TRAINING | TABATA ABS | KICKBOXING | DRUM FITNESS |
| 5.00 pm - 5.45 pm @ACTIVE | BEACH VOLLEYBALL | BEACH SOCCER | ISLAND RUN | BEACH VOLLEYBALL | BEACH SOCCER | ISLAND RUN | MARINE LIFE @NIYAMA |

Advance booking is required. Please contact Active Team by dialing 1222 for more information.