



AWAKEN

ATLANTIS, THE PALM

7:30 am

8:00 am

10:00 am

1:00 pm

5:00 pm

Monday		GUIDED MEDITATION 30 min Complimentary Outdoors	POWER STRETCH 45 min Complimentary Fitness Centre		BODY UP 45 min AED 160 Fitness Centre
Tuesday	BOOT CAMP 45 min AED 160 Outdoors			YOUTH FITNESS 30 min 12 - 15 years Complimentary Fitness Centre	
Wednesday		GUIDED MEDITATION 30 min Complimentary Outdoors UNDERWATER HATHA YOGA 60 min AED 160 The Lost Chambers Aquarium	PILATES 45 min AED 160 Fitness Centre		BETTER ABS 45 min Complimentary Outdoors
Thursday		BURN & TONE 45 min AED 160 Outdoors		FUN CARTWHEEL 30 min 12 - 15 years AED 160 Fitness Centre	
Friday	GUIDED MEDITATION 30 min Complimentary Outdoors		CIRCUIT OUT 45 min Complimentary Fitness Centre		POWER STRETCH 45 min AED 160 Outdoors
Saturday	BOOT CAMP 45 min AED 160 Outdoors	UNDERWATER HATHA YOGA 60 min AED 160 The Lost Chambers Aquarium	BETTER ABS 45 min Complimentary Fitness Centre		
Sunday		UNDERWATER HATHA YOGA 60 min AED 160 The Lost Chambers Aquarium		YOUTH ZUMBA 30 min 12 - 15 years AED 160 Fitness Centre	