

AWAKEN

ATLANTIS, THE PALM

	7:30 am	8:00 am	10:00 am	1:00 pm	5:00 pm
Monday			POWER STRETCH 45 min Complimentary Fitness Centre		BODY UP 45 min AED 160 Fitness Centre
Tuesday	BOOT CAMP 45 min AED 160 Outdoors		FIREBALL WORKOUT 45 min Complimentary Fitness Centre	YOUTH FITNESS 30 min 12 - 15 years Complimentary Fitness Centre	
Wednesday	POWER LEGS AND ABS 45 min Complimentary Fitness Centre	SOUND HEALING MEDITATION 45 min AED 175 The Lost Chambers Aquarium	PILATES 45 min AED 160 Fitness Centre		BETTER ABS 30 min Complimentary Outdoors
Thursday		BURN & TONE 45 min AED 160 Outdoors		YOUTH FITNESS 30 min 12 - 15 years Complimentary Fitness Centre	BODY HIT 30 min Complimentary Fitness Centre
Friday	BOOT CAMP 45 min AED 160 Outdoors		CIRCUIT OUT 30 min Complimentary Fitness Centre		POWER STRETCH 45 min AED 160 Outdoors
Saturday	BODY HIT 30 min Complimentary Fitness Centre	UNDERWATER YOGA 60 min AED 160 The Lost Chambers Aquarium	POWER LEGS AND ABS 45 min Complimentary Fitness Centre		
Sunday		UNDERWATER YOGA 60 min AED 160 The Lost Chambers Aquarium		YOUTH ZUMBA 30 min 12 - 15 years AED 160 Fitness Centre	