

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>7:15AM –8AM Sunrise Yoga Yoga Pavilion</p> <p>10AM –10:45AM DIY Face Mask Heavenly Spa</p> <p>11AM – 11:30AM Aqua Aerobics Island Kitchen Pool</p> <p>4PM – 4:45PM Zumba Class WestinWORKOUT</p> <p>5PM – 5:45PM Cross Fit WestinWORKOUT</p>	<p>7:30AM – 8AM Run Westin WestinWORKOUT</p> <p>11AM – 11:30AM Billiard Tournament Island Kitchen</p> <p>3PM – 3:45PM Make Your Own Scrub Heavenly Spa</p> <p>5PM – 6PM Social tennis Tennis Court</p>	<p>7:15AM –8AM Fitness On The Beach WestinWORKOUT Beach</p> <p>11AM – 12PM Table Tennis tournament WestinWORKOUT</p> <p>11AM – 11:30AM Aqua Yoga Island Kitchen Pool</p> <p>4:30PM – 5:30PM Petanque WestinWORKOUT Beach</p> <p>6PM – 6.45PM Sunset Yoga Yoga Pavilion</p>	<p>7:15AM –8AM Sunrise Yoga Yoga Pavilion</p> <p>11AM – 12PM Carrom Lesson WestinWORKOUT</p> <p>11:15AM – 11:45AM Kids Yoga Westin Family Kids Club</p> <p>3:15PM – 4PM Abs Workout WestinWORKOUT</p> <p>4:30PM – 5:30PM Petanque WestinWORKOUT Beach</p>	<p>11AM – 11:30AM Aqua Aerobics Island Kitchen Pool</p> <p>11AM – 12PM Chess Lesson WestinWORKOUT</p> <p>3:15PM – 4PM Full Body Workout WestinWORKOUT</p> <p>6PM – 6:45PM Sunset Yoga Yoga Pavilion</p> <p>6:30PM – 7:30PM Petanque Island Kitchen Beach</p> <p>8PM – 8:30PM Yoga Nidra (to help for better sleep) Yoga Pavilion</p>	<p>7:15AM - 8AM Sunrise Yoga Yoga Pavilion</p> <p>11AM – 12PM Table Tennis tournament WestinWORKOUT</p> <p>11AM – 11:45AM Cardio Workout WestinWORKOUT</p> <p>4PM – 4:45PM Boot Camp WestinWORKOUT Beach</p> <p>6PM – 6.45PM Run Westin WestinWORKOUT</p>	<p>10AM – 11AM Kids Tennis Tennis Court</p> <p>10:15AM – 11AM Tabata Class WestinWORKOUT</p> <p>3:15PM – 4PM Breath Workout Yoga Pavilion</p> <p>4:30PM – 5:30PM Petanque WestinWORKOUT beach</p> <p>6PM – 6.45PM Sunset Yoga Yoga Pavilion</p>

**** PRIVATE SESSIONS WITH PREBOOKING IS REQUESTED | AVAILABLE DAILY | PLEASE CONTACT SERVICE EXPRESS® OR SPA® 432 FOR RESERVATIONS**

TRX Training | Functional Training | Private Personal Training | Private Yoga Session

USD30++ per person

USD 50++ per couple