

Wellness Program



JOY ISLAND
THE COCOON COLLECTION

Monday

07:30 - 08:15 Stretching* @Spa Yoga Pavilion
11:00 - 11:45 Aqua Aerobics @Rainbow Pool
16:00 - 16:45 Water Polo @Rainbow Pool
17:00 - 17:45 Zumba* @Rainbow Bar
17:00 - 17:45 Beach Games @Watersports

Tuesday

07:30 - 08:15 Morning Hatha Flow Yoga* @Spa Yoga Pavilion
11:00 - 11:45 Aqua Zumba @Rainbow Pool
16:00 - 16:45 Insanity Workout* @Gym
17:00 - 17:45 Beach Volley @Watersports
18:00 - 18:45 Meditation* @Spa Yoga Pavilion

Wednesday

07:30 - 08:15 Morning Hatha Flow Yoga* @Spa Yoga Pavilion
16:30 - 17:15 Pool Games @Rainbow Pool
17:00 - 17:45 Stretching* @Spa Yoga Pavilion
17:00 - 17:45 Beach Volley @Watersports

Thursday

07:30 - 08:15 Morning Hatha Flow Yoga* @Spa Yoga Pavilion
11:00 - 11:45 Aqua Aerobics @Rainbow Pool
16:00 - 16:45 Water Polo @Watersports Lagon
17:00 - 17:45 Beach Volley @Watersports
18:00 - 18:45 Meditation* @Spa Yoga Pavilion

Friday

07:30 - 08:15 Morning Hatha Flow Yoga* @Spa Yoga Pavilion
11:00 - 11:45 Aqua Zumba @Rainbow Pool
16:00 - 16:45 Tabata* @Gym
17:00 - 17:45 Stretching* @Spa Yoga Pavilion
17:00 - 17:45 Beach Volley @Watersports

Saturday

07:30 - 08:15 Morning Hatha Flow Yoga* @Spa Yoga Pavilion
11:00 - 11:45 Aqua Aerobics @Rainbow Pool
16:30 - 17:15 Pool Games @Rainbow Pool
17:00 - 17:45 I Choreo* @Rainbow Bar
17:00 - 17:45 Beach Volley @Watersports
18:00 - 18:45 Meditation* @Spa Yoga Pavilion

Sunday

07:30 - 08:15 Stretching* @Spa Yoga Pavilion
11:00 - 11:45 Aqua Zumba @Rainbow Pool
16:00 - 16:45 Salsa* @Gym
17:00 - 17:45 Belly Dance* @Rainbow Bar
17:00 - 17:45 Beach Volley @Watersports

*Reservations Required