

# THE SPA

## WELLNESS RETREAT TIMETABLE

MARCH 10TH - 17TH, 2017

	FRIDAY 10th	SATURDAY 11th	SUNDAY 12th	MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY 16th	FRIDAY 17th
6:00am								
7:00am	BEACH WORKOUT 1 hr		HIKE 2 hrs 30 mins	BEACH WORKOUT 1 hr		BEACH WORKOUT 1 hr		BEACH WORKOUT 1 hr
8:00am		HOLISTIC YOGA 1 hr			YOGA 1 hr 15 min		YOGA 1 hr 15 min	
9:00am								
10:00am		PILATES BARRE 1 hr		CAPOEIRA 1 hr	ELDOA 50 mins	CAPOEIRA 1 hr	ELDOA 50 mins	
11:00am								
5:00pm	PILATES 1 hr			HOLISTIC YOGA 1 hr	KICK BOXING 1 hr	PILATES 1 hr	SOCA ZUMBA 1 hr	PILATES BARRE 1 hr
6:00pm								

### WELLNESS RETREAT PACKAGE OPTIONS

Single Session	1 class	Bds \$45
Silver Package	4 classes	Bds \$172
Gold Package	8 classes	Bds \$332
Platinum Package	10 classes	Bds \$400

For class location and reservation, please contact The Spa - Tel: 419 4121 / Ext 2101