

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	
CFC Presenter-A	PARADISE yoga studio	8am	CALABASH TRAIL power walk	GORDON TOWN TREK (power walk)	HOLLYWELL STROLL (power walk)	BLUE MTN LOOK-SEE (power walk)	HERITAGE PATH (power walk)	YU
CFC Presenter-B			NIRVANA (1hr) STR Guide	NIRVANA (2hrs) STR Guide	NIRVANA (1hr) STR Guide	NIRVANA (2hrs) STR Guide	NIRVANA (1hr) STR Guide	READY
STR Presenter	NIRVANA lobby	9am	WEIGHT ABOUT resistance	BEACH EXCURSION day trip	BUTT NO resistance/gluts	WATA FITNESS H2O resistance	KICK IT BACK cardio	AGAIN
STR Guide	OASIS main pool		HEAVEN (1hr) CFC Presenter-A	UTOPIA (5hrs) STR Guide	PARADISE (1hr) CFC Presenter-A	OASIS (1hr) CFC Presenter-A	PARADISE (1hr) CFC Presenter-A	
		1030am	REACH FI HEAVEN stretch/pilates/yoga	MOVES IN DI DEEP H2O cardio	MIX-UP MIX-UP stretch/pilates/yoga	STRONG BODY power yoga	EASY DOES IT gentle yoga	
	UTOPIA beach		PARADISE (1hr) CFC Presenter-B	UTOPIA (1hr) CFC Presenter-A	HEAVEN (1hr) CFC Presenter-B	PARADISE (1hr) CFC Presenter-B	HEAVEN (1hr) CFC Presenter-B	
		12pm	SOOTHING HANDS spa demo	LIFE'S A BEACH YOGA power yoga	RESTFUL FEET spa demo	TAKE THE PLUNGE spa demo	SLEEPY HEAD spa demo	
	HEAVEN main lawn		BLISS (30min) STR Presenter	UTOPIA (1hr) CFC Presenter-B	BLISS (30min) STR Presenter	WATERHOLE (30min) STR Presenter	BLISS (30min) STR Presenter	
		2pm	SAVORY SOUPS epicurean demo	HOT SHOTS epicurean demo	ENERGIZING PASTAS epicurean demo	DELICIOUS SMOOTHIES epicurean demo	GUILT FREE SWEETS epicurean demo	
	EDEN jade terrace		EDEN (30min) STR Presenter	7TH HEAVEN (30min) STR Presenter	EDEN (30min) STR Presenter	7TH HEAVEN (30min) STR Presenter	EDEN (30min) STR Presenter	
		4pm	BLUE MTN TREAT culinary euphoria	BLUE MTN TREAT culinary euphoria	BLUE MTN TREAT culinary euphoria	BLUE MTN TREAT culinary euphoria	BLUE MTN TREAT culinary euphoria	
	BLISS spa terrace		SHANGRI-LA (45min) STR Presenter	SHANGRI-LA (45min) STR Presenter	SHANGRI-LA (45min) STR Presenter	SHANGRI-LA (45min) STR Presenter	SHANGRI-LA (45min) STR Presenter	
	WATERHOLE plunge pool	5pm	MIDDLE QUARTERS core/back	ABS-SOLUTELY FITTE core/abs	HOT STEPPA endurance	WEIGHT FI MI resistance	COME TEST MI conditioning/circuit	
	7TH HEAVEN main bar		PARADISE (1hr) CFC Presenter-A	HEAVEN (1hr) CFC Presenter-A	PARADISE (1hr) CFC Presenter-A	HEAVEN (1hr) CFC Presenter-A	PARADISE (1hr) CFC Presenter-A	
		630pm	HEAVEN AN BACK meditative yoga	JUS COOL relaxing yoga	SOOTHE YU SELF meditative yoga	FI DI SOUL relaxing yoga	RELAX YU MIND stretch/relaxation	
	SHANGRI-LA main dining		HEAVEN (1hr) CFC Presenter-B	PARADISE (1hr) CFC Presenter-B	HEAVEN (1hr) CFC Presenter-B	PARADISE (1hr) CFC Presenter-B	HEAVEN (1hr) CFC Presenter-B	

EACH WEEK OUR VISITING INSTRUCTORS WILL BE BRINGING THEIR OWN FLAVOR OF EXCITING CLASSES... COME SAVOR THE FLAVOR