

let's
BURN
and





Are You Ready?

to let the refreshing season cool down your workouts?

Contact your Holiday Host today to secure your spot in our exercise sessions and refreshing your day.

SUN

06:30	Morning Sunrise Stretching	60 mins.	Free
08:00	Muay Thai in Fitness Garden	60 mins	500++
10:00	Tabata	60 mins	Free
14:00	The Core Abs.	60 mins	500++
16:00	Aqua Aerobic	60 mins.	Free

MON

06:30	Morning Sunrise Stretching	60 mins.	Free
08:00	Yoga & Stretching	60 mins	Free
10:00	HIIT	60 mins	500++
14:00	Circuit Exercise	60 mins	Free
16:00	Cardio Boxing Fit	60 mins	500++

TUE

07:30	Stretching*	60 mins.	1000++
14:00	Muay Thai Fit in Fitness Garden*	60 mins.	1000++
15:00	Yoga*	60 mins.	1000++

* private scheduled class

* price per couple

WED

06:30	Morning Sunrise Stretching	60 mins.	Free
08:00	HIIT	60 mins.	500++
10:00	Cardio Boxing Fit	60 mins.	Free
14:00	Circuit Exercise	60 mins.	500++
16:00	Aqua Aerobic	60 mins.	Free



THUR

06:30	Morning Sunrise Stretching	60 mins.	Free
08:00	Yoga & Stretching	60 mins.	Free
10:00	Muay Thai Fit in Fitness Garden	60 mins.	500++
14:00	The Core Abs.	60 mins.	Free
16:00	Cardio Boxing Fit	60 mins.	500++



FRI

06:30	Morning Sunrise Stretching	60 mins.	Free
08:00	Stretching	60 mins.	Free
10:00	HIIT	60 mins.	500++
14:00	Muay Thai Fit in Fitness Garden	60 mins.	500++
16:00	Circuit Exercise	60 mins.	Free

SAT

06:30	Morning Sunrise Stretching	60 mins.	Free
08:00	Tabata	60 mins.	Free++
10:00	The Core Abs.	60 mins.	Free
14:00	HIIT	60 mins.	500++
16:00	Aqua Aerobic	60 mins.	Free

Morning Sunrise Stretching:

The stretch class at beachfront combines the benefits of stretching, mindfulness, and the breathtaking. Immerse yourself in the tranquil ambiance of a beachfront location as the sun paints the sky with warm hues, creating a mesmerizing backdrop for your practice, led by our experienced instructor. You'll engage in gentle stretches targeting different muscle groups, promoting flexibility, and mobility. That also improves body fluid circulation.

Maximum 12 persons per class

Circuit Exercise:

This exercise offers the benefits of both strength training and cardiovascular conditioning, making it a versatile and efficient workout option. It can be customized to suit various fitness levels and goals. Additionally, circuit training keeps the workout engaging and challenging.

Maximum 8 persons per class





A HIIT (*High-Intensity Interval Training*):

HIIT is a type of workout that combines short bursts of intense exercise with periods of active recovery or rest. It is designed to maximize calorie burn, improve cardiovascular fitness, and build strength and endurance in a time-efficient manner.

Maximum 6 persons per class

Aquatic Aerobics:

An aerobic in the water involves a series of rhythmic movements and exercises designed to improve cardiovascular fitness, muscular strength, and flexibility while minimizing impact on the joints.

Maximum 12 persons per class

Cardio Boxing Fit:

This is a dynamic and high-energy workout that combines elements of boxing and cardiovascular exercise to provide a challenging and engaging fitness experience. This form of exercise incorporates boxing techniques, such as punches, jabs, hooks, and uppercuts, along with cardio movements like jumping jacks, high knees, and lunges, to create a full-body workout.

Maximum 4 persons per class

Muay Thai Fit:

The Muay Thai class is suitable for individuals of various fitness levels, from beginners to experienced individuals, offering a full-body workout that combines cardiovascular training, strength building, and skill development in a fun and engaging environment. The class provides an effective way to improve fitness, burn calories, relieve stress, and learn basic self-defense techniques inspired by the martial art of Muay Thai.

Maximum 4 persons per class



The Core Abs:

A fitness class specifically focuses on strengthening and toning the muscles of the core and abdominal region. It is designed to target the muscles in the abdomen, lower back, and pelvis, which collectively form the core muscles.

Maximum 4 persons per class



Tabata:

The Tabata Class is a specific type of high-intensity interval training (HIIT) workout that follows a structured time format known as the Tabata protocol. It is named to honor Dr. Izumi Tabata, who had studied the effects of this training method. Tabata classes often consist of a series of bodyweight exercises, cardio movements, or strength exercises. Common exercises used in Tabata workouts include burpees, squat jumps, push-ups, mountain climbers, high knees, and more. The class may involve a variety of exercises to target different muscle groups and provide a full-body workout.

Maximum 4 persons per class

PERSONAL TRAINER

PRIVATE CLASS 888++ per person /hour
(at your prefer time)

- *Weight Training*
- *Circuit Cardio*
- *Functional Training*
- *Office Syndrome Fix*



Note:

All price are subject to 10% service charge and 7 % Vat..