



ZULAL DAILY ACTIVITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	Island Walk Beach	Marine Eco Trail Beach	Beach Nature Walk Beach	Island Walk Beach	Marine Eco Trail Beach	Beach Nature Walk Beach	Island Walk Beach
09:00	Tai Chi Garden of Wellbeing	Morning Stroll Jogging Trail	Roll and Release Group Movement Studio	Meditation Yoga Studio	Vinyasa Yoga Yoga Studio	Ashtanga Yoga Yoga Studio	Beach Yoga Yoga Studio
11:00	Tabata Group Movement Studio	Low Impact Aerobics Group Movement Studio	Step Aerobics Group Movement Studio	Aqua Boxing Outdoor Male Spa Pool	Free Form Power Balance Group Movement Studio	MOTR Pilates Group Movement Studio	Zumba Group Movement Studio
14:00	Beach Volleyball Beach	Island Walk Beach	Marine Eco Trail Beach	Foot Exercise Group Movement Studio	Island Walk Beach	Marine Eco Trail Beach	Beach Nature Walk Beach
16:00	MOTR Pilates Group Movement Studio	Bone Density Exercise Group Movement Studio	MOTR Pilates Group Movement Studio	Stretching Class Group Movement Studio	Tai Chi Garden of Wellbeing	Mat Pilates Group Movement Studio	MOTR Pilates Group Movement Studio
17:00	Beach Nature Walk Beach	Marine Eco Trail Beach	Beach Volleyball Beach	Beach Volleyball Beach	Beach Nature Walk Beach	Beach Volleyball Beach	Beach Volleyball Beach
Descriptions	Calming exercises that soothe your body and mind.		Refreshing activities that clears and rejuvenates.		Social activities that embrace space and freedom.		

ISLAND WALK: A therapeutic walk that reconnects you to the earth, allowing you to feel the sound of nature.

MOTR PILATES: Focusing on the key principles of alignment, balance, core control and functional movement patterns. Exercises vary easily to provide appropriate fitness challenges at any level, from senior citizens to professional athlete. MOTR allows you to train anywhere.

VINYASA YOGA: A yoga practice that generates body heat through flowing vinyasas (linking movements) suitable for intermediate to advanced level students.

ROLL & RELEASE: effective on releasing adhesions in the myofascial the soft tissue that overlays all muscles in the body, which can become stiff over time, restricting movement and causing pain. Your fitness trainer will help release "trigger points" using a foam roller

HATHA YOGA: Asanas (yoga poses), pranayama (yogic breathing technique) and Hatha style meditation

TABATA: A series of Interval Training exercises, inspired by Japanese researchers for enhancing calories burned while providing a full body, high intensity workout

FREEFORM POWER BALANCE: Using a rubber disk to incorporate strength and aerobic training, while promoting greater flexibility balance and agility as well as toning the core muscles.

ZUMBA: A Latin inspired cardio -dance workout with upbeat music

YOGA VINYASA: A yoga practice that generates body heat through flowing vinyasas suitable for intermediate to advanced level students

BOOTCAMP: Leave the gym and challenge yourself using the natural environment as equipment and bringing exercise back to its roots. Challenge your endurance while achieving your wellness goals.

MAT PILATES: The Pilates mat class incorporate all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement, and flexibility. This class is a low-impact exercise which benefits with all levels.

CIRCUIT TRAINING: An invigorating and challenging circuit-training session which combines running, free weights, and bodyweight training for an intense, fully body exercise routine.

MORNING STROLL: Truly commit to your wellness goals by establishing a jog and stretch routine promoting a boost in metabolism and energy.

STRETCH CLASS: Helps to decrease muscle soreness, improve flexibility, and reduce stress.

TAI CHI: An ancient Chinese art combining mind, body, and spirit.

LOW IMPACT AEROBICS: An aerobics class for a total body workout, while also being gentle on joints