

## AMANZOE WEEKLY SCHEDULE OF FITNESS & MOVEMENT ACTIVITIES

### COMPLIMENTARY CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM</b>	Tabata-Cardio at 8am		Stretching For Improved Flexibility at 8am			Mat Pilates at 8am	

The above classes are provided for all in house guests with our compliments at the Yoga Pavilion and can be attended by a maximum of 6 guests per session.

**Pilates:** mat based to improve core stability. **Tabatha:** Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval. **Stretching:** stretching & movement exercises to strengthen the core muscles.

### PRIVATE GROUP FITNESS & MOVEMENT CLASSES

Private or tailor made sessions are available upon request with our specialists as an additional cost.

Advance bookings are required; please contact spa reception at extension #4 to book your place one day prior. Please contact spa reception for assistance.