



## FITNESS SPOT

LUNDI Monday	MARDI Tuesday	MERCREDI Wednesday	JEUDI Thursday	VENDREDI Friday	SAMEDI Saturday	DIMANCHE Sunday
10:30 am Crossfit or Fitness	10:30 am Stretching or Pilates	Rest	10:30 am Workout training	10:30 am Surfing workout	10:30 am Beach training or jogging	10:30 am Anaerobic + Stretching
4:00 pm Surfing workout	4:00 pm TRX	Rest	4:00 pm Fitness abs (body weight)	4:00 pm Crossfit or Parkour	4:00 pm Body fitness	4:00 pm TRX or Parkour

Please Note that we also provide you: ping pong, football, volley ball, tennis rackets and balls on request at the Surf House.

Maximum 6 person per class

Minimum 2 person per class

Please sign up with our Gym trainer



# YOGA

	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday	Sunday Dimanche
8h-9h15 8-9:15am Yoga Shala	Sunrise Yoga	Sunrise Yoga	Sunrise Yoga	Self-practice	Sunrise Yoga	Sunrise Yoga	Sunrise Yoga
11h00-12h15 11:00am-12:15pm Yoga Shala	Sense of Yoga	Sense of Yoga	Sense of Yoga	Self-practice	Sense of Yoga	Sense of Yoga	Sense of Yoga
17h00-18h15 5:00pm-6:15pm Yoga Shala	Sunset Yoga	Sunset Yoga	Sunset Yoga	Self-practice	Sunset Yoga	Sunset Yoga	Sunset Yoga

**Price/Prix : 150** Dirhams first class / premier cours ; 120 Dirhams following classes / cours qui suivent

For more information, please ask at the reception for our yoga teacher, who will gladly meet with you, as soon as possible.

*Pour plus d'information, demandez auprès de la réception à voir notre professeur de yoga, qui vous rencontrera le plus tôt possible.*