

From July 28^{th} to August 3^{rd} 2025

	Monday		Thur	sday	
Stretching Aqua Yoga Circuit Training	(30 min) (30 min) (30 min)	12.15 pm 1.15 pm 6.15 pm	Aqua Training Lower body training Thighs/Abs/ Glutes	(30 min) (30 min) (45 min)	9.00 am 11.45 am 5.30 pm
Thighs/Abs/Glu Aqua training Pilates	Tuesday ites (30 min) (30 min) (45min)	12.00 pm 5.00 pm 6.15 pm	Aka soft Yoga Aqua training Thighs/Abs/Gl Body weight	day (60 mi (30 mi) utes (30 mi) (30 mi)	9.30 am (n) 12.00 pm
	Wednesday	,	Satu	rday	

Sunday Stretching (30 min) 12.30 pm Fat-burning (30 min) 5.45 pm cardio (30 min) 6.15 pm	Dynamic Yoga	(60 min)	7.30 pm			
Fat-burning (30 min) 5.45 pm				Sunday		
cardio (30 min) 5.45 pm				(30 min)	12.30 pm	
Stretching (30 min) 6.15 pm				(30 min)	5.45 pm	
			Stretching	(30 min)	6.15 pm	

11.45 am

12.30 pm

Upper body training (30 min)

(45 min)

Aquatic HIIT

Fat-burning cardio (30 min) 11.30 am

6.00 pm

Thighs/Abs/Glutes (45 min)



From August 4th to August 10th 2025

Monday			Thursday		
Stretching Circuit Training	(30 min) (30 min)	12.15 pm 6.15 pm	Aqua Training Lower body training Stretching Thighs/Abs/ Glutes	(30 min) (30 min) (30 min) (45 min)	9.00 am 11.45 am 12.15 pm 7.00 pm
	Tuesday		Fri	day	
Thighs/Abs/Glutes Aqua training Thighs/Abs/Glutes	(30 min)	12.00 pm 5.00 pm 6.15 pm	Aqua Training Thighs/Abs/G Body weight	1 .	12.00 pm

Wednesday			Saturday		
Upper body training	(30 min)	11.45 am	Stretching	(30 min)	10.00 am
Aquatic HIIT Abs and glutes	(45 min) (30 min)	12.30 pm 7.00 pm	Fat-burning cardio	(30 min)	11.30 am
			Aqua Training Thighs/Abs/Glutes		12.15 pm 6.00 pm

Stretching	(30 min)	12.30 pm
Fat-burning cardio	(30 min)	5.45 pm
Stretching	(30 min)	6.15 pm



From August 11th to August 17th 2025

	Monday		Thur	sday	
Stretching Circuit Training	(30 min) (30 min)	12.15 pm 6.15 pm	Aqua Training Lower body	(30 min)	9.00 am
			training	(30 min)	11.45 am
			Stretching	(30 min)	12.15 am

	Tuesday		Friday		
Thighs/Abs/Glutes Aqua training Thighs/Abs/Glutes	(30 min) (30 min) (30 min)	12.00 pm 5.00 pm 6.15 pm	Aqua Training Thighs/Abs/Glutes Body weight	(30 min)	

Wednesday			Saturday		
Upper body training Aquatic HIIT		11.45 am 12.30 pm	Fat-burning cardio Stretching Thighs/Abs/Glutes	(30 min)	12.00 pm

Stretching	(30 min)	12.30 pm
Fat-burning cardio	(30 min)	5.45 pm
Stretching	(30 min)	6.15 pm



From August 18th to August 24th 2025

	Monday		Thursdo	ıy	
Stretching Circuit Training	(30 min) (30 min)	12.15 pm 5.15 pm	Fit Yoga Aqua Training Lower body training Stretching Thighs/Abs/Glutes	(60 min) (30 min) (30 min) (30 min) (45 min)	8.00 am 9.00 am 11.45 am 12.15 pm 7.00 pm
Thighs/Abs/Glute	Tuesday	12.00 pm	Friday Aqua Training	(30 min)	9.30 am
Aqua training Thighs/Abs/Glute	(30 min) es (30 min)	5.00 pm 6.15 pm	Thighs/Abs/Glute Body weight	(30 min)	

Wednesday			Saturday			
Upper body training	(30 min)	11.45 am	Stretching	(30 min)	10.00 am	
	(45 min) (30 min)	12.30 pm 7.00 pm	Fat-burning cardio	(30 min)	11.30 am	
		7.00 pm	Aqua Training Thighs/Abs/Glutes		12.15 pm 6.00 pm	

Stretching	(30 min)	12.30 pm
Fat-burning cardio	(30 min)	5.45 pm
Stretching	(30 min)	6.15 pm



From August 25^{th} to August 31^{st} 2025

Monday			Thursday		
Stretching	(60 min) (30 min) (40 min) (30 min) (60 min)	7.15 am 12.15 pm 1.15 pm 6.15 pm 7.30 pm	Fit Yoga Aqua Training Lower body training Stretching Thighs/Abs/Glutes	(60 min) (30 min) (30 min) (30 min) (45 min)	8.00 am 9.00 am 11.45 am 12.15 am 7.00 pm
Tuesday			Friday		
Circuit training Thighs/Abs/Glutes Aqua training Pilates	(30 min) (30 min) (30 min) (45 min)	8.00 am 12.00 pm 5.00 pm 6.15 pm	Aqua Training Thighs/Abs/Glute: Body weight	(30 min) S (30 min) (30 min)	
Wednesday			Saturday		
Unner hody training	(30 min)	11 45	Pilates	(45 min)	9.15 am

Pilates Upper body training 9.15 am 11.45 am (30 min) 10.00 am Stretching Aquatic HIIT (45 min) 12.30 pm Fat-burning Thighs/Abs/Glutes 11.30 am 7.00 pm Dynamic Yoga (60 min) 7.30 pm Aqua Training (40 min) 12.15 pm 6.00 pm Thighs/Abs/Glutes (45 min)

Fit Yoga	(60 min)	10.30 am
Stretching	(30 min)	12.30 pm
Fat-burning cardio	(30 min)	5.45 pm
Stretching	(30 min)	6.15 pm