

Workout Schedule Levante Summer 2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07.00			Morning Walk (with Ben)			Morning Walk (with Joe)	
07.15		Morning Run (with Ben)					
07.30	Morning Run (with Ben)				Morning Run (with Ben)		
08.00			Yoga (with Sara)				
08.30	Pilates (with Ben)	Yoga (with Sara)		Pilates (with Ben)	Pilates (with Ben)	Yoga (With Sara)	Yoga (With Sara)
09.30		Circuits (with Ben)		Whole Body Session (with Ben)			
10.30	Legs, Bums & Tums (with Ben)				Legs, Bums & Tums (with Ben)		
11.45		3D / Functional Training (with Sara)	HIIT (with Sara)		Core (with Sara)	WOD (with Sara)	Aqua Aerobics (with Sara)
15.00		WOD (with Sara)	Aqua Aerobics (with Sara)	Circuits (with Ben)	Boxing (with Sara)	3D / Functional Training (with Sara)	HIIT (with Sara)
15.30			Water Polo (with Ben)		Water Polo (with Ben)		
16.00		Abs Blast (with Ben)				Abs Blast (with Ben)	
17.30	HIIT (with Ben)		Evening stretch (with Ben)	Interval Run (with Ben)	Yin Yoga (with Sara)	Evening stretch (with Ben)	
18.00		Evening stretch (with Ben)			Triathlon (sign up required)		
18.15	Adult Football (with Ben)		Adult Football (with Ben)				
19.00	<i>Cardio tennis</i>		<i>Cardio tennis</i>			Sports Presentations	

Programme is subject to changes. Complete program will be available at the hotel.