



# WEEKLY PROGRAMME | FITNESS & MOVEMENT 1/6-30/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00 PILATES	9:00-10:00 BODY SCULPT	10:00-11:00 PILATES	9:30-10:00 TRX	9:00-10:00 PILATES	9:00-9:30 TABATA
10:30-11:30 AQUA AEROBIC	10:30-11:30 AQUA AEROBIC	11:00-11:30 PILATES PROPS	10:00-11:00 AQUA AEROBIC	10:30-11:30 BODY SCULPT	10:00-11:00 CROSS TRAINING
12:30-13:30 MINDFUL YOGA	11:30-12:00 TRX	12:00-12:30 STRETCHING	11:30-12:00 FAT BURN	12:00-12:30 CROSS TRAINING	10:30-11:00 STRETCHING
14:00-14:30 TABATA	12:00-12:30 STRETCHING	12:30-13:30 VINYASA YOGA	12:00-13:00 PILATES	12:30-13:30 STRETCHING	11:00-12:00 PILATES
15:15-15:45 HIPS & ABS	15:15-15:45 UPPER BODY	17:00-18:00 PILATES	17:30-18:30 HATHA FLOW	15:15-15:45 HIPS & ABS	15:15-15:45 UPPER BODY

## PARTICIPATION COST

• 60 mins | 15€ per person • 30 mins | 10€ per person

Please contact the Ella Wellness & Spa reception to book your spot, according to our weekly Fitness & Movement Group schedule.  
For spa enquiries or reservations, please contact 9987 or via email at [wellness-rhodes@ellaresorts.com](mailto:wellness-rhodes@ellaresorts.com)