



Agenda September 18th - 20th

07:00 a.m. - 08:00 a.m.

Sunrise Yoga

Location: Beach

Welcome the day with an energizing sunrise yoga session. Through mindful breathing, meditation, and flowing movements, awaken your body, calm your mind, and connect with the serenity of nature.

08:00 a.m. - 09:00 a.m.

Cycling

Location: Fiit Wellness Center

Experience an energizing indoor cycling session where music, instructor guidance, and personalized resistance combine to deliver a dynamic and motivating cardiovascular workout.

09:00 a.m. - 10:00 a.m.

Hiit

Location: Fiit Wellness Center

Push your limits with an outdoor High-Intensity Interval Training session. Dynamic, scalable exercises improve strength, endurance, and overall fitness for every level.

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09:00 a.m. - 11:00 a.m.

Live DJ

Location: Fiit Wellness Center

Elevate your workout with the energy of a live DJ. An immersive fitness experience where music fuels every movement, creating a vibrant atmosphere that transforms your workout into an unforgettable experience.

10:00 a.m. - 11:00 a.m.

Ice Bath

Location: Aquatico Pool

Discover the benefits of cold-water immersion. A recovery experience designed to reduce muscle inflammation, improve circulation, accelerate recovery, and leave you feeling refreshed and energized.

11:00 a.m. - 01:00 p.m.

Fitness Challenge

Location: Fiit Wellness Center

Test your strength and endurance in an exciting fitness challenge. Complete as many repetitions as possible within the allotted time and see how far you can go.

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12:00 p.m. - 01:00 p.m.

Aqua Workout

Location: Aquatico Pool

Enjoy a fun, low-impact aquatic workout that enhances cardiovascular fitness, strengthens muscles, and improves mobility and flexibility—perfect for all ages.

03:00 p.m. - 05:00 p.m.

Skincare Master Class

Location: Spa

Discover the secrets of effective skincare with guidance from a beauty expert. Learn professional techniques, personalized tips, and product application for healthy, radiant skin.

04:00 p.m. - 05:00 p.m.

Dance & Workout

Location: Aquatico Pool

Move to the rhythm with a dance-inspired fitness class that blends cardio, fun, and energy. Burn calories, boost your mood, and enjoy an uplifting wellness experience.

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