

FITNESS FESTIVAL - POWERED BY LES MILLS

24th - 27th July 2026

FRIDAY 24TH JULY 2026

Day 1: Arrival and Energy Activation

Time	Program	Venue
	Resort and program introduction Welcome Cocktail	
6:00 - 6:45 pm	45-55 mins Class: BodyStep, BodyCombat, or a Les Mills Mix (no equipment) Dinner	Multi Court

SATURDAY 25TH JULY 2026

Day 2: Strength, Cardio & Fun

Time	Program	Venue
	Breakfast	
9:00 - 9:55 am	55 mins BodyPump (Les Mills): Full-body strength training with barbell and weight plates.	Multi Court
11:00 - 11:45 am	45 mins Functional Circuit (Outdoor): Training stations using bodyweight, kettlebells, dumbbells, and available equipment.	WOD Box
3:00 - 3:45 pm	45 mins Hybrid HIIT: High-intensity workout combining strength and cardio intervals.	WOD Box
4:00 - 4:40 pm	40 mins Stretch & Core Sunset Session: Core strengthening and mobility work during sunset.	Pink Platform

SUNDAY 26TH JULY 2026

Day 3: Energy, Technique and Endurance

Time	Program	Venue
9:00 - 9:45 am	45 mins Les Mills RPM / Indoor Cycling: Cardiovascular training on the bike to the rhythm of the music.	Multi Court
11:00 - 11:50 am	50 mins Hybrid Training "Athletic Flow" A dynamic combination of functional strength and running intervals.	WOD Box
5:00 - 6:00 pm	55 mins BodyCombat (Les Mills): High-energy cardio workout inspired by martial arts (non-contact).	Multi Court
6:00 - 6:45 pm	30 mins Active Recovery Session: Mobility and foam rolling to release tension. Alternative option: Glutes & Legs Focus	Multi Court

MONDAY 27TH JULY 2026

Day 4: Departure Day - Closing and Connection

Time	Program	Venue
9:00 - 9:45 am	60 mins Full Body Mobility & Mindfulness Flow: A balanced closing session combining dynamic stretching, breathing, and relaxation to recover and reconnect before departure.	Pink Platform

