

AVANIFIT ACTIVITIES

- + MON** 07:30 AM: SOUNDHEALING MEDITATION
@ Wellness Studio
- 11:00 AM: HIIT WORKOUT
@ AvaniFit
- 05:00 PM: VOLLEYBALL BASH
@ Volleyball Court
- + TUES** 07:30 AM: ISLAND JOG
@ AvaniFit
- 05:00 PM: SUNSET YOGA
- + WED** 07:30 AM: ASHTANGA YOGA
@ Wellness Studio
- 11:00 AM: HYDROTHERAPY
@ Skipjack Pool
- 05:00 PM: BEACH FUTSAL
@ AvaniFit
- + THUR** 07:30 AM: TABATA
@ AvaniFit
- 05:00 PM: GROUP TENNIS CLINIC
@ Tennis Court

- + FRI** 07:30 AM: HATHA YOGA
@ Wellness Studio
- 11:00 AM: CRUNCH & BURN
@ AvaniFit
- 05:00 PM: SOUNDHEALING MEDITATION
@ Wellness Studio

- + SAT** 07:30 AM: NINJA WARRIOR
@ AvaniFit
- 05:00 PM: FITNESS ERGONOMICS
@ AvaniFit

- + SUN** 07:30 AM: CROSSFIT
@ AvaniFit
- 11:00 AM: AQUA YOGA
@ Skipjack
- 05:00 PM: AGILITY ATTACK
@ AvaniFit



**SHAPE
YOUR FIT**