

Thu 7th May	Thu 7th May	Thu 7th May	Thu 7th May	Thu 7th May	Thu 7th May	Thu 7th May
16:00 - 17:30	Meet the Team, Resort Tour and 1/2 Price drinks at the Beach Bar Meet at the Palapa Bar (wear your Fitfever/Heat t-shirt)					
21:00 - 00:00	"THE HOLA POOL PARTY" Complimentary Free Drink (only served between 9pm and 10pm), DJs & Hosts Tito, Eddie Nestor, Robbie Gee, DJ Colonel, Mastermind, Kat Boyce Dress Code - Smart/Casual but look HOT!! Hotel Pool					
Fri 8th May	Fri 8th May	Fri 8th May	Fri 8th May	Fri 8th May	Fri 8th May	Fri 8th May
Date/Time	MC1	Plaza Rumbla	TC6	Spin	Gym/Aqua	Sports Hall
08.00 - 08.45	Sunrise Mountain Walk with Claire Burton Meet at the Plaza Rumbla - 06:30					Flow Movement Meditation® Karen Elliott
09.00 - 09.45	Fit2Fite Ross Mathieu	Diva Jess McKee	Freestyle Pump Sim Sema	No Class	No Class	No Class
10.00 - 10.45	Step With Attitude Pauline Thomas	SOCAbeat Krystle Hurley	AB-LITER8 Natalie Remees	Epic Battle Spin Darren Placid & Jay Phillips	Intro to Weight Conditioning Cassius Frankson	No Class
11.00 - 11.45	Totally Shredded® Dean Heitman	Band Burn 'Resistance Band Workout' Faye Edwards	POUND Jess McKee	Spin Sensation Julian Baker	No Class	No Class
12.00 - 12.45	Soca Jam Pauline Thomas	Muscle Fusion Vikki Gamblen	Boxer Maydine & Ken	No Class	AQUAFLOAT FIIT Sunny Singh	Tranquill Meditation (Yoga Stage) Karen Elliott
12.45 - 16:00	Lunch and Relax & Gaqua in the Pool with Andrew at 14:45					
16.30 - 18:00	The Quiz of the week with Eddie & Robbie at La Bodega - Fun prizes to be won Come on down and don't worry we will put you in a team if you don't have one.					
21:00 - 02:00	"Super Heroes and Super Villians" Party At La Bodega - HAPPY HOUR - 22:00 - 23:00					
Sat 9th May	Sat 9th May	Sat 9th May	Sat 9th May	Sat 9th May	Sat 9th May	Sat 9th May
Date/Time	MC1	Plaza Rumbla	TC6	Spin	Gym/Aqua	Sports Hall
08.00 - 08.45	Sunrise Mountain Walk with Claire Burton Meet at the Plaza Rumbla - 06:30					Yin Yang Yoga Jess McKee
09.00 - 09.45	Garage Jam Pauline Thomas	Belly Afrobeats Sunny Singh	Remees Sculpt Natalie Remees	No Class	No Class	No Class
10.00 - 10.45	TOTALLY SHREDDED® Dean Heitman	Bodyweight Bootcamp Sim Sema	Off Da Floor Maydine Etienne	Epic Energy Spin Darren Placid & Jay Phillips	Intro to Weight Conditioning Cassius Frankson	No Class
11.00 - 11.45	Fit2Fite Ross Mathieu	Street Diva Pauline Thomas	Elite Bodyweight Bootcamp Darren Placid & Jay Phillips	Spin Sensation Julian Baker	Float Warrior Sunny Singh	No Class

12.00 - 12.45	Body Combat Kelly Clayden	Pilates Karen Elliott	Rebound Vikki Gamblen	No Class	No Class	No Class
13:00 - 19:00	<p>ROCK THE BOAT - OPTIONAL BOAT PARTY - LIMITED TO 100 PEOPLE - £55 Ride the waves for 4 hours and enjoy exquisite Island Flavours cuisine washed down with our specially enhanced rum punch, beer, wine and soft drinks. Fee also includes transfers and all your favourite party tunes from the whole team. DRESS IN YELLOW</p>					
21:30 - 02:00	<p>Karaoke and Party - Hosted by Eddie Nestor & Robbie Gee - La Bodega Fun starts at 22:00 - HAPPY HOUR - 22:00 - 23:00</p>					

Sun 10th May	Sun 10th May	Sun 10th May	Sun 10th May	Sun 10th May	Sun 10th May	Sun 10th May
Date/Time	MC1	Plaza Rumbla	TC6	Spin	Gym/Aqua	Sports Hall
08.00 - 08.45	Sunrise Mountain Walk with Claire Burton Meet at the Plaza Rumbla - 06:30					No Frills Yoga Jess McKee
09.00 - 09.45	Totally Shredded Dean Heitman	Muscle Fusion Vikki Gamblen	Ab Blast Sim Sema	No Class	No Class	No Class
10.00 - 10.45	F.I.T Jam Dance Movement Faye Edwards	Flow Movement Meditation® Karen Elliott	Da Terminator Maydine & Ken	No Class	Intro to Weight Conditioning Cassius Frankson	No Class
11.00 - 11.45	Fit2Fite Gospel Ross Mathieu	Bhangracize Sunny Singh	Body Pump Kelly Clayden	Ride DnB Dean Heitman	No Class	No Class
12.00 - 12.45	Step with Attitude Pauline Thomas	Diva Jess McKee	Shred Julian Baker	Tun it up Cycle Natalie Remees	No Class	No Class
14.00 - 18.00	"BAYWATCH" - BEACH PARTY AND BEACH GAMES @ the Beach Bar DJs, Eddie, Robbie and tons of fun on the beach!!					

Mon 11th May	Mon 11th May	Mon 11th May	Mon 11th May	Mon 11th May	Mon 11th May	Mon 11th May
Date/Time	MC1	Plaza Rumbla	TC6	Spin	Gym/Aqua	Sports Hall
08.00 - 08.45	Sunrise Mountain Walk with Claire Burton Meet at the Plaza Rumbla - 06:30					Pilates/Yoga Fusion Karen Elliott
09.00 - 09.45	F.I.T Jam Dance Movement Faye Edwards	Mmmove Karen Elliott	Total Toning 'It takes two' Kelly Clayden	No Class	No Class	No Class
10.00 - 10.45	Soca Fit Natalie Remees	Bodyweight Bootcamp Sim Sema	Ultimate Bag Workout Dean Heitman	Garage Spin Pauline Thomas	Intro to Weight Conditioning Cassius Frankson	No Class
11.00 - 11.45	Step Sensation Julian Baker	Krystle's Dance Bootcamp Krystle Hurley	SUPER s.t.a.r.s Maydine	Epic Energy Spin Darren Placid & Jay Phillips	AQUAFLOAT FIIT Sunny Singh	No Class
12.00 - 12.45	Fit2Fite Ross Mathieu	Band Burn Resistance Band Workout Faye Edwards	Rebound Vikki Gamblen	No Class	No Class	No Class
14.00 - 16.00	"SPLASH" - Get wet with sweat, old skool, 2 step and sing-a-long anthems - Fun, Games & Music by the Aparthotel Pool with Julian, Andrew, Faye, Eddie Nestor, Robbie Gee, Mastermind and DJ Colonel					
22.00 - 02.00	"Skool Dayz" Uplifting, fast moving, Energy Burning, House, Soul, Garage, Jungle and Hip Hop at La Bodega - With all DJs! (Dress code - Wear something white) - HAPPY HOUR - 22:00 - 23:00					



FIT FEVER

HOLIDAYS

Fitness & Social Timetable
Wed 7th - Thu 14th May 2020

Heat



Tue 12th May	Tue 12th May	Tue 12th May	Tue 12th May	Tue 12th May	Tue 12th May	Tue 12th May
Date/Time	MC1	Plaza Rumbla	TC6	Spin	Gym/Aqua	Sports Hall
09.00 - 09.45	Body Attack Julian Baker	No Class	Fit2Fite Ross Mathieu	F.I.T Cycle Faye Edwards	No Class	No Frills Yoga Jess McKee
10.00 - 10.45	TOTALLY SHREDDED® Dean Heitman	Pilates Karen Elliott	Super Circuits Kelly Clayden	Rough Ride Sim Sema	No Class	No Class
11.00 - 11.45	Fitness Finale Everyone at MC1 - Please wear your T-Shirts					
14.45	Lunch, Relax & Gaqua in the Pool with Andrew at 14:45					
21:30 - 23:00	FitParty Nighttime Workout - Night Time Laser Light Show, DJ Tito and Presenters in the Sports Hall then to La Bodega to Chill with some tunes					
Wed 13th May	Wed 13th May	Wed 13th May	Wed 13th May	Wed 13th May	Wed 13th May	Wed 13th May
	FREE DAY					
19:00 - 00:00	Dress in White ISLAND FLAVOURS BBQ & Farewell Party at Da Luigi - With All the FitFever and Heat Team BBQ served from 19:00 - 21:00 HAPPY HOUR - 21:00 - 22:00					