

MY WELLNESS

INTEGRATED HEALTH & FITNESS CONCEPT

Friday 14 April		Saturday 15 April		Sunday 16 April	
06:00 - 08:00	Sunrise meditation by RedBull				
09:00 - 10:00	PLX Power Life Boxing by Viktor & Maira				
09:00 - 09:30	Kids Storytelling: Sharing and Recycling	09:00 - 09:30	Kids Storytelling: Sharing and Recycling	09:00 - 09:30	Kids Storytelling: Sharing and Recycling
09:00 - 18:00	Kids Games by "Kids Style for Less"	09:00 - 18:00	Kids Games by "Kids Style for Less"	09:00 - 18:00	Kids Games by "Kids Style for Less"
10:00 - 11:00	Zumba by Maira Lorena from El Salvador, Winner of Universal Muscle & Fitness Fashion	10:00 - 11:00	Zumba by Maira	10:00 - 11:30	BootCamp by FitnessLink
		11:00 - 12:00	PLX Power Life Boxing by Viktor & Maira		
11:30 - 12:30	SUP Race	11:30 - 12:30	SUP Race	11:30 - 12:30	SUP Race
14:00 - 14:30	Family Wellness by ZIA Medical	14:00 - 14:45	Healthy Nutrition by Kcal	12:00 - 13:00	Holistic Wellbeing: Integrating Mind, Body, Heart and Spirit' by Sharif Maghraby
14:00 - 16:00	Family water volleyball tournament by Fahrenheit	14:00 - 16:00	Family water volleyball tournament by Fahrenheit	14:00 - 16:00	Family water volleyball tournament by Fahrenheit
15:00 - 18:00	Kids Games	15:00 - 16:00	Kids Games	15:00 - 16:00	Kids Games
16:00 - 16:30	Kids club classes by Gold's Gym	16:00 - 16:30	Kids club classes by Gold's Gym	15:30 - 16:30	PLX Power Life Boxing by Viktor & Maira
16:30 - 18:30	Dance #JustLikeBieber, Zumba by Gold's Gym	16:30 - 17:30	Body attack - Body Combat by Gold's Gym	16:30 - 17:30	Zumba by Maira
17:30 - 18:00	Kids Storytelling: Sharing and Recycling	17:30 - 18:00	Kids Storytelling: Sharing and Recycling	17:30 - 18:00	Kids Storytelling: Sharing and Recycling
		17:30 - 18:30	Sunset Yoga by Gold's Gym	17:45 - 18:45	Sunset Yoga

Kids	Fitness 4 All	Spiritual	Water Activity	Ladies	Speech
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