

## DAILY ANIMATION PROGRAM

Time							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Yoga	Stretching	Pilates	Yoga	Stretching	Pilates	Yoga
9:55	Club Dance						
10:00	Morning Gym						
	HIIT	Lower body	Tabata	Circuit training	ABL (core+legs)	Full Body	Bums+abs
10:30	Rhythm is a dancer (dance lessons)						
11:00	Aqua Fitness	Aqua Gym & Aqua Dance	Aqua Fitness	Aqua Gym & Aqua Dance	Aqua Fitness	Aqua Gym & Aqua Dance	Aqua Fitness
12:00	Pool Game	Family Pool Game	Pool Game	Family Pool Game	Pool Game	Olympic Game For kids	Pool Game
13:00	Club Dance						
BREAK 13.00-16.00							
15:55	Club Dance						
16:00	POOL PARTY	Aqua Fitness	FOAM PARTY	Aqua Fitness	POOL PARTY	Aqua Fitness	FOAM PARTY
17:00		Jenga		Ledder Ball		MegaTwister	
18:00	Club Dance						
BREAK 18.00-20.00							
20:00	Minidisco	Minidisco	Minidisco	Kids Talents Show	Minidisco	Minidisco	Minidisco
21.00	BEACH PARTY	SHOW TIME (dance show, artist`s performances)	ROOF PARTY White sensation	POOL PARTY	BEACH FOAM PARTY	ROOF PARTY karaoke	SHOW TIME & BINGO

## ADDITIONAL FITNES WORKOUT (Any street zone with a good view)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	Full Body	Lower body	HIIT	Tabata	ABL	Circuit Training	Lower body
11:00	ABS/CORE	HIIT	Body Sculpt	Bums	Total Body	Lower body	Interval training
17:00* on the beach	Yoga	Stretching	Pilates	Yoga	Stretching	Pilates	Stretching

## DAILY ANIMATION PROGRAM ON THE BEACH

Time	KIDS ZONE						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00	Morning kids gym						
10:15	Aqua Marathon	Wish Collage	Aqua Marathon	Sand Castle	Aqua Marathon	Art on the sand	Activity games
11:00	Creativity Skills						
12:00	Little sport competitions						
BREAK 13.00-16.00							
16:00	Spy quest	Hawaiian party	Twister	Beach Game	Boccia	Finding treasures	Pirate quest
17:00	Creativity Skills						

Time	ADULTS ZONE						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00	ABL (core+legs)	Full Body	Bums+abs	HIIT	Lower body	Tabata	Circuit training
10:30	Beach Game ( Boccia, jenga, ledder bal, twister, frisbee)						
10:00	VolleyBall						
11:00	Football						
BREAK 13.00-16.00							
16:00	VolleyBall	Football	VolleyBall	Football	VolleyBall	Football	VolleyBall
16:00	Aqua Fitness in the ocean						
17:00	Football	Volleyball	Football	volleyball	Football	VolleyBall	Football
17:00	Yoga	Stretching	Pilates	Yoga	Stretching	Pilates	Stretching
21:00	BEACH PARTY				BEACH FOAM PARTY		

# KIDS CLUB DAILY PROGRAM

**10.00-22.00**

Time	Monday AROUND THE WORLD	Tuesday MARVEL	Wednesday NORTH AMERICA	Thursday TALENT DAY	Friday EUROPE	Saturday AFRICA	Sunday SOUTH AMERICA
10.00	Kids gym						
	Good morning, World!	Superhero	Energizer	Like a star	Hi, everyone!	Hot morning	Buenos Dias, amigos
10.30	Drawing school						
	My world	Comics	Beach of Florida	Family	Magical castle	Savanna	Waterfalls
11.00	Creative classes						
	Map	Marvel's Agents of S.H.I.E.L.D.	Maple leaf	Origami	Rome trip	Wild nature	Machu Picchu
12.00	Capital of the city Game	Battle of champions (sport games)	Lego world	Rehearsal time For Kids Talents Show	Jenga time	Guess the animal	Hot Coconut Musical game
12.30	Active games	Active games	Active games		Active games	Active games	Active games
<b>Break 13.00-14.00</b>							
15.00	Flags Creativity	Avengers quest	Hawaiian dancing	Just dance	Lego world	Little funny games	Limbo
16.00	Trip for different countries Quest	Guess word	Challenges	Rehearsal time For Kids Talents Show	Guess word	Acuna Matata Guess the melody	Little funny games
16.30	Just Dance				Just dance		
17.00	Activity games						
<b>Break 18.00-19.00</b>							
20.00	Face painting						
21.00	Board games						

# KIDS DAILY PROGRAM

## OUTDOOR (any street zone)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.00	Creativity skills						
	Origami	Salt painting	Applique	Flowers	Volume painting	Paint with cotton buds	Sunny hands
11.00	Face painting						
12.00	Twisting						
	BREAK 13.00-16.00						
16.00	Little artist (painting)	Board games	Little artist (painting)	Board games	Little artist (painting)	Board games	Board games
17.00	Outdoor games						