



Fitness & Social Timetable
Wed 5th - Wed 12th June 2024



Wed 5th June	Wed 5th June	Wed 5th June	Wed 5th June	Wed 5th June	Wed 5th June
16:00	Wed Arrivals Resort Tour - Meet the Team and Price Deal on Sangria/Mojitos drinks at the Palapa Bar Welcome Vibes Meet at the Hotel Palapa Bar (wear your Event T-shirt)				
21:30 - 00:00	Warmup Wednesday Party - Meet and Make new Friends Hotel Palapa Bar - DJ Mr Whyte & Jerry Bascombe				
Thu 6th June	Thu 6th June	Thu 6th June	Thu 6th June	Thu 6th June	Thu 6th June
16:00	Thu Arrivals Resort Tour - Meet the Team and Price Deal on Sangria/Mojitos drinks at the Palapa Bar Welcome Vibes Meet at the Hotel Palapa Bar (wear your Event T-shirt)				
21:30 - 01:00	Get to Know You Party - Complimentary Free Drink - Old Skool Weekender & Fitfever DJs DressCode - Smart/Casual!!! (Free Comp Cava or Juice served only between 21:30 and 22:30) Hotel Palapa Bar				
Fri 7th June	Fri 7th June	Fri 7th June	Fri 7th June	Fri 7th June	Fri 7th June
Date/Time	Sports Zone	W.O.D Box	Cycling Terrace	Plaza Rumbla	Yoga Shala/Dance Studio
06.30 - 07.45	Sunrise Mountain Walk with Claire and Ryan Meet at the Plaza Rumbla - 06:30				
09.00 - 09.45	Fit2Fite Ross Mathieu	HIIT Bootcamp Sim Sema	No Class	No Class	Yoga at the Shala Playitas
10.00 - 10.45	Step With Attitude Pauline Thomas	Body Sculpt Natalie Remeo	Epic Energy Spin Jay Phillips	No Class	No Class
11.00 - 11.45	AfroBands Sim Sema	F.I.T Jam Dance Movement Faye Edwards	No Class	No Class	Soul2Sole Heels Charmaine Grant (Pool Bar Dance Studio)
12.00 - 12.45	Xtreme Hip Hop Step Patrick Sinclair	Pump Sensation Julian Baker	Power Ride Krystle Hurley	Street Dance Diva Pauline Thomas	Yoga at the Shala Playitas
14.00 - 15:00	Day Party - Old Skool tunes, 2 step and sing-a-long anthems - Aparthotel Pool Bar				
15.00 - 15:45	Aqua Disco Karaoke with Julz and Pauline in the Aparthotel Pool				
22:00 - 02:00	"Rep A Sports Team" - Old Skool Weekender & Fitfever DJs At La Bodega - HAPPY HOUR - 22:00 - 23:00				
Sat 8th June	Sat 8th June	Sat 8th June	Sat 8th June	Sat 8th June	Sat 8th June
Date/Time	Sports Zone	W.O.D Box	Cycling Terrace	Plaza Rumbla	Yoga Shala/Dance Studio
06.30 - 07.45	Sunrise Mountain Walk with Claire and Ryan Meet at the Plaza Rumbla - 06:30				
09.00 - 09.45	Shake it With Attitude Pauline Thomas	X Fight Impact Patrick Sinclair	Spin Sensation Julian Baker	No Class	Yoga at the Shala Playitas
10.00 - 10.45	Fit2Fite Ross Mathieu	HIIT the Core Jay Phillips	Rough Ride Sim Sema	No Class	Soul2Sole Heels Charmaine Grant (Pool Bar Dance Studio)
13:00 - 19:00	Rock the Boat Party DRESS IN BRIGHT COLOURS EVERYONE TO MEET COACH TRANSPORTATION AT 13:00 SHARP AT THE HOTEL RECEPTION (NOT APARTHOTEL RECEPTION)				
12.00 - 15.00	Cool Pool - Catchup, Chat, Chill Out - Aparthotel Pool				
22:00 - 01:00	Karaoke & Social Night with Eddie Nestor - Cards - Dominoes - La Bodega				

Sun 9th June	Sun 9th June	Sun 9th June	Sun 9th June	Sun 9th June	Sun 9th June
Date/Time	Sports Zone	W.O.D Box	Cycling Terrace	Plaza Rumbra	Yoga Shala/Dance Studio
09.00 - 09.45	Xtreme Hip Hop Step Patrick Sinclair	No Class	No Class	No Class	Stretch Sensation (Yoga Shala) Julian Baker
10.00 - 10.45	Totally Shredded Dean Heitman	Fit2Fite Gospel Ross Mathieu	The Rough Ride Sim Sema	No Class	No Class
11.00 - 11.45	F.I.T Jam Dance Movement Faye Edwards	Wuk Up & Sweat Krystle Hurley	No Class	No Class	Soul2Sole Heels Charmaine Grant (Pool Bar Dance Studio)
12.00 - 12.45	Step with Sensational Attitude Pauline Thomas & Julian Baker	Full Body Pumpup Sim Sema	Epic Energy Spin Jay Phillips	No Class	Yoga at the Shala Playitas
14.00 - 18.00	BEACH PARTY AND BEACH GAMES Tons of fun on the beach with Eddie Nestor				
21.30 - 02.00	Eddie's 60th and Paul & Jax's Birthday Bash Guilty Pleasures & Neon Party Night - La Bodega (A Night of memories and sing alongs to the tunes you grew up with from the Top 40 to present day)				
Mon 10th June	Mon 10th June	Mon 10th June	Mon 10th June	Mon 10th June	Mon 10th June
Date/Time	Sports Zone	W.O.D Box	Cycling Terrace	Plaza Rumbra	Yoga Shala/Dance Studio
06.30 - 07.45	Sunrise Mountain Walk with Claire and Ryan Meet at the Plaza Rumbra - 06:30				
09.00 - 09.45	F.I.T Stretch Faye Edwards	Box Jam Ross Mathieu	Epic Energy Spin Jay Phillips	No Class	No Class
10.00 - 10.45	Garage Jam Pauline Thomas	Soca Combat Natalie Remeé	Power Ride Krystle Hurley	No Class	Soul2Sole Heels Charmaine Grant (Pool Bar Dance Studio)
11.00 - 11.45	Fit2Fite Ross Mathieu	Power Pump Patrick Sinclair	Spin Sensation Julian Baker	No Class	Yoga at the Shala Playitas
13.00 - 18.00	Old Skool Brunch Karaoke, Party - £35 - Da Luigi Buffet (2 course = Main and Dessert) + 1hr Bottomless Cava or Juice Book Tickets at this link - https://www.partyweekenders.com/event/old-skool-brunch-fuerteventura-spain-2024/				
21.30 - 00.00	Musical Bingo!! - Win Big - Hosted by Eddie Nestor - Palapa Bar				
Tues 11th June	Tues 11th June	Tues 11th June	Tues 11th June	Tues 11th June	Tues 11th June
Date/Time	Sports Zone	W.O.D Box	Cycling Terrace	Plaza Rumbra	Yoga Shala/Dance Studio
10.00 - 10.45	Aerobic Funky Natalie Remeé	Pump Sensation Julian Baker	No Class	Old Skool Aerobics Krystle Hurley	Yoga at the Shala Playitas
11.00 - 11.45	F.I.T Combat Faye Edwards	AfroBands Sim Sema	Epic Energy Spin Jay Phillips	No Class	Soul2Sole Heels Charmaine Grant (Pool Bar Dance Studio)
12.15 - 12.45	Fitness Finale Everyone at SPORTS ZONE - Please wear your Event T-Shirts				
14.00 - 17.00	Cool Pool - Catchup, Chat, Chill Out - Aparthotel Pool				
19.00 - 01.00	Dress in White & Island Flavours BBQ Night - Da Luigi BBQ served from 19:00 - 21:00 - HAPPY HOUR - 20:30 - 21:30				
Wed 12th June	Wed 12th June	Wed 12th June	Wed 12th June	Wed 12th June	Wed 12th June
08:00 - 16:00	Free Day - Chill - Sunbathe - Try Restaurants in Las Playitas or Gran Tarajal Towns				
21:30 - 00:00	Farewell T-Shirt Slogan Party - Hotel Palapa Bar				

TIMETABLE CORRECT AT TIME OF PRINTING

All classes are first come, first served - Timetable subject to change without prior notice