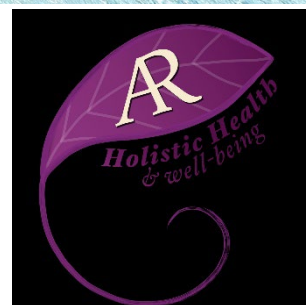




Warrior Wellness Holiday Timetable – Sept 2026



Information Booklet

Welcome!!

A powerful welcome to every one of you joining us in beautiful Gran Canaria.

Whether this is your first 3ness holiday or you've travelled with us before, we're thrilled to have you on this Warrior Wellness journey — a week built around movement, sunshine, community, and feeling truly alive.

Over the 5 days and 4 nights, you'll train, recharge, and reconnect with yourself in one of the most stunning locations on the island.

Set at the Monte Feliz Hotel, perched above the coastline of San Agustín, this holiday blends energising workouts with the freedom to unwind, explore, and enjoy island life at your own pace.

Take Note

- Print your boarding passes (and keep a digital copy).
- Bring your passport (must have at least 3 months' validity).
- At LPA, exit airport customs, turn right, and we will meet you there.
- Collect your T-shirt/Bag: Either on arrival at the hotel or at the Welcome Social in the Sports Bar.
- Have passports ready for hotel check-in from 16:00. Check out is at 11:00.
- Pool/beach towels can be collected from reception for a 10 euro charge. This will be given back when the towel is returned. If you wish to change the towel it will be a 2 euro charge.

Socials

Wed 16th Sept – Welcome Social – 21:30 – Sports Bar

Thurs 17th – Games/Quiz Night - 21:30 – Sports Bar

Fri 18th – Meal at La Plaza – 20:00 – The Square

Fri 18th – Karaoke Party – 21:45 – Franky's Bar

Sat 19th – Farewell Party – 19:00 – Bamboo Brasil

What you may want to bring

- Trainers, Bikini, Speedos, White Clothes,
- Black clothes, Passport, Boarding Passes, European Travel Adaptors,
- Travel Insurance, Sunglasses, Suncream, water bottles.
- There is an onsite supermarket.
- Travel Iron – limited number at resort.
- WiFi and Safes are free. Cashpoint on site
- Workout clothes
- Kangoo Boots

Meals

Breakfast is included in your package.

- Breakfast is from 07:30-10:00
- Lunch (not included) at the hotel is a cold salad buffet only 12:00-15:00
- Dinner (not included) – 18:30-21:30

There are many restaurants that are a 5 minute walk away where you can obtain lunch and dinner. We will show you these options on the tour.

Emergencies

Arrivals:

- If you cannot locate us or are delayed, contact us on **+44 7359 079634**.

Medical Assistance

- Emergency number (Spain): **112**
- Nearest clinic Open 24hrs: C.Siberian Sea, 1, 35100 Maspalomas, Las Palmas
- **Travel insurance strongly recommended**

Monte Feliz Hotel Address:

P.º Pablo Picasso,
S/N, 35100
Bahía Feliz,
Las Palmas,
Spain

WEDNESDAY 16th Sept

Date/Time	WOD Box	Spin Studio	Pink Platform	Multicourt	Pool
Wed 17.00 - 18.15	3ness Welcome and Tour - Meet in Hotel Sports Bar in Event T-Shirt				
Wed 18.30 - 19.30	Kangoo - Rebound CORE™ - Multicourt				
Wed 21.30 - 00.00	Welcome Social - Let's meet and greet each other - Hotel Sports Bar				

THURSDAY 17th Sept

Date/Time	WOD Box	Spin Studio	Pink Platform	Multicourt	Pool
Thurs 08.00 - 08.45	KANGOO Rebound FITT™ Agnese & Tatjana				
Thurs 09.00 - 09.45		SPIN SENSATION Garage vs Jungle Julian Baker			
Thurs 10.00 - 10.45	CORE BLITZ Dee Kissi		TRIBE COLLECTIVE SILENT DISCO ON THE GO Amy Bobbins		
Thurs 11.00 - 11.45	PUMP SENSATION Julian Baker			ZUMBA Annetta Reid	
Thurs 12.00 - 12.45	TRIBE COLLECTIVE STRENGTH Amy Bobbins	CYCLE BLITZ Dee Kissi			
Thurs 15.00 - 16.00					AQUA KARAOKE Julian Baker
Thurs 17.00 - 17.45			REGGAE STRETCH & TONE Annetta Reid	KANGOO Rebound FUSION™ Agnese & Tatjana	
Thurs 21.30 - 00.00	Social - Games & Quiz Night - Sports Bar				

FRIDAY 18th Sept

Date/Time	WOD Box	Spin Studio	Pink Platform	Multicourt	Pool
Friday 08.00 - 08.45				KANGOO Rebound GEN™ Agnese & Tatjana	
Friday 09.00 - 09.45		SPIN SENSATION 90s vs 00s Julian Baker		CARDIO FLEX Annetta Reid	
Friday 10.00 - 10.45	KETTLEBELL BLITZ Dee Kissi				
Friday 11.00 - 11.45			TRIBE COLLECTIVE SILENT DISCO ON THE GO Amy Bobbins	STEP SENSATION Julian Baker	
Friday 12.00 - 12.45		CYCLE BLITZ Dee Kissi			
Friday 15.00 - 15.45					AQUA FITT Agnese & Tatjana
Friday 16.00 - 16.45		SPIN SENSATION Soul & Disco Julian Baker		ZUMBA Annetta Reid	
Friday 17.00 - 17.45			TRIBE COLLECTIVE STRETCH Amy Bobbins		
Friday 18.00 - 18.45				KANGOO Rebound FUSION™ Agnese & Tatjana	
Friday 20.00 - 00.00	Optional - Meal at La Plaza Restaurant - Dress in White then to Franky's Bar at 21:45 for the Karaoke Party				



WARRIOR WELLNESS HOLIDAY - GRAN CANARIA

16th-20th Sept 2026



SATURDAY 19th Sept

Date/Time	WOD Box	Spin Studio	Pink Platform	Multicourt	Pool
Saturday 08.00 - 08.45				KANGOO Rebound FITT™ Agnese & Tatjana	
Saturday 09.00 - 09.45		SPIN SENSATION SOULFUL HOUSE Julian Baker			
Saturday 10.00 - 10.45	BATTY BLITZ Dee Kissi			TAI CHI FLOW Annetta Reid	
Saturday 11.00 - 11.45			TRIBE COLLECTIVE STRETCH Amy Bobbins	STEP SENSATION Julian Baker	
Saturday 12.00 - 12.45		CYCLE BLITZ Dee Kissi		TRIBE BACK 2 D 90S Amy Bobbins	
BREAK					
Saturday 15.00 - 15.45				KANGOO Rebound CORE™ Agnese & Tatjana	
Saturday 16.00 - 16.30				FINALE All	
Saturday 19.00 - 00.00	Dress in Black - Farewell Meal at Bamboo Brasil - Meet at reception - 19:00				

SUNDAY 20th Sept

Sunday 07.00 - 07.30	Goodbye Sunrise Stretch - Agnese & Tatjana - Multicourt
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All classes are first come, first served - Timetable subject to change without prior notice



Activity Name	DESCRIPTION	PRESENTER
AQUA FITT	Aqua FITT™ is a dynamic water based fitness programme that blends functional training, interval conditioning, and targeted toning in the buoyant, low impact environment of the pool. Designed to improve strength, mobility, core stability, and cardiovascular endurance, Aqua FITT™ delivers an energising full body workout suitable for all levels. Its unique format uses water resistance to intensify movement while reducing joint stress, making it both highly effective and accessible.	Agnese & Tatjana
AQUA KARAOKE	Not just any aqua class! Julian will be ensuring you work every muscle with the help of water resistance and to add that touch of fun, you will be encouraged to belt out some of the best popular anthems to exercise your lungs.	Julian Baker
BATTY BLITZ	A throwback legs bums and tums workout with Kissi's signature flavour. Expect big tunes, simple follow along moves, and a whole lot of energy. This session is all about rhythm, feel good vibes, and getting those glutes activated from the very first beat. Fun, accessible, and guaranteed to wake up your lower body in the best way.	Dee Kissi
CARDIO FLEX	Cardio Flex is an energising fusion of cardio and flexibility training. Annetta starts the session with upbeat cardio movement patterns designed to raise the heart rate, build stamina and get the whole body moving. The class then transitions into a dedicated flexibility section, using stretches and mobility work to improve range of movement and leave the body feeling lengthened, mobile and refreshed. Two styles of training brought together in one feel-good workout.	Annetta Reid
CORE BLITZ	Core Blitz - An energising core blast designed to fire up your abs, challenge your stability, and leave your midsection feeling seriously switched on! Great for all abilities.	Dee Kissi
CYCLE BLITZ	If you love music, you will love this high-energy cycle ride! Expect big beats, motivating anthems, and plenty of rhythm to keep you pedalling, pushing, and having fun from start to finish!	Dee Kissi
KETTLEBELL BLITZ	A fast-paced, full-body kettlebell workout combining strength, power, and cardio. Rep through the sweaty moves with great music and big energy!	Dee Kissi
PUMP SENSATION	Pump sensation uses a Push-pull style of training that structures the workout based on your muscle's patterns. In the 'push' workout you train all the upper body pushing muscles, i.e. chest, shoulders and triceps. In the 'pull' workout you train all the upper body pulling muscles, i.e. the back and biceps. And in the 'legs' workout you train the entire lower body, i.e. the quads, hamstrings, calves and abdominals. Once we have trained the whole body we then finish with a finisher that will leave you feeling great and leaving on a high.	Julian Baker
Rebound CORE™	Rebound CORE™ - Experience a low-impact yet energising workout designed to strengthen your core, improve stability, boost cardio fitness, and support overall body awareness - all while reducing stress on the joints.	Agnese & Tatjana
Rebound FITT™	Rebound FITT™ - Full body workout that combines powerful cardio bursts, strength-focused exercises, endurance work, and explosive movements.	Agnese & Tatjana
Rebound FUSION™	Rebound FUSION™ - Blends rebound fitness, choreography, and expressive movement for an energising workout full of positive vibes. Bounce, dance, sweat, and smile!	Agnese & Tatjana
Rebound GEN™	Rebound GEN™ - Combines fitness, games, teamwork, and creativity into a fun-filled rebound experience for "children". Jump, play, learn, and move!	Agnese & Tatjana
Reggae Stretch & Tone	Reggae Stretch & Tone is a gentle, low-energy class set to smooth reggae rhythms. Combining flowing movement, stretching and light toning, Annetta guides you through movements that help release tension, improve flexibility and stretch parts of the body you may not even realise need stretching! It's easy on the body but wonderfully effective, leaving you feeling loosened up, refreshed and stretched from head to toe.	Annetta Reid
SPIN SENSATION 90s vs 00s Ride	Two eras. One bike. No holding back. We're going head-to-head with the biggest anthems from the 90s and the 2000s, bringing nostalgia, energy, and straight vibes into one unforgettable ride. From old-school classics to noughties bangers, every track hits and every beat pushes you further. You'll be climbing, sprinting, and singing your way through a session that feels more like a party than a workout.	Julian Baker



Gran Canaria - Warrior Wellness - Descriptions 2026



Activity Name	DESCRIPTION	PRESENTER
SPIN SENSATION Garage vs Jungle	London energy. No filter. Just pure pace. We're bringing the UK underground straight to the spin studio with a high-intensity clash of Garage vs Jungle. Fast BPMs, rolling basslines, rewinds, and drops that hit HARD this ride doesn't let up. Expect quick-fire sprints, explosive intervals, and relentless tempo changes that keep your heart rate sky high from start to finish. This is organised chaos in the best way possible where rhythm meets resistance and every beat pushes you further.	Julian Baker
SPIN SENSATION Soul & Disco	Feel good power meets full throttle rhythm. This ride blends soulful grooves and disco classics with high energy climbs, punchy accelerations and deep groove intervals. Big vocals, funky basslines and pure joy from start to finish. Smooth, sweaty, sensational.	Julian Baker
SPIN SENSATION Soulful House Ride	Step into a different kind of energy smooth, powerful, and uplifting. This is where the ride meets the rhythm and the rhythm meets your soul. Expect deep, rolling basslines, rich vocals, and those signature soulful house drops that lift you up when your legs start to feel it. This class is all about flow—controlled climbs, steady pushes, and explosive moments that hit right on the beat. You'll feel every track, every transition, every push. It's not just about the burn—it's about getting lost in the music and finding your rhythm.	Julian Baker
STEP SENSATION	A 45-minute cardio step workout that is fun-filled, easy to follow with great music and will burn calories all at the same time.	Julian Baker
TAI CHI FLOW	Tai Chi Flow is a gentle, low-intensity movement class inspired by the flowing style of Tai Chi, without the traditional elements. Through continuous, controlled movement, Annetta gets the whole body moving, gently raises the heart rate and engages and sculpts the core. The emphasis is on flow, mobility, balance and controlled movement, making it accessible while still giving the body a workout. You'll leave feeling refreshed, energised and beautifully loosened up.	Annetta Reid
TRIBE BACK 2 D 90S	Dance your way through the decade that gave us iconic tunes, unforgettable dance moves and some seriously feel-good anthems! This high-energy dance fitness class combines easy-to-follow choreography with the very best pop, dance, rave and club classics of the 90s. Expect big tunes, brilliant vibes and a full-body workout that feels more like a night out than exercise. No dance experience needed—just bring your energy, embrace the nostalgia and get ready to move, sweat and smile!	Amy Bobbins
TRIBE COLLECTIVE SILENT DISCO ON THE GO	Step into Silent Disco On The Go - a moving feel-good party powered by disco classics and good vibes. Led by Amy, you'll journey around the hotel with wireless headsets, fully immersed in the music as you walk, squat, dance, lunge and sing along. Expect high energy, big tunes, and plenty of smiles as the party travels with you. The ultimate feel-good experience... on the move.	Amy Bobbins
TRIBE COLLECTIVE STRENGTH	Using woven resistance bands, small dumbbells, body weight and Tabata tracks, we get a whole body workout that's both simple and effective.	Amy Bobbins
TRIBE COLLECTIVE STRETCH	TRIBE COLLECTIVE - STRETCH - Slow down, breathe deeply and stretch beneath the Gran Canaria sunset. This feel-good mobility and stretch session combines gentle flowing movement, deep stretches and calming breathwork to release tension, improve flexibility and restore tired bodies. With Amy's warm, uplifting energy guiding you, you'll move at your own pace through simple sequences designed to open the joints, lengthen the muscles and leave you feeling relaxed, rebalanced and refreshed. A beautiful sunset reset for your body and mind — suitable for everybody	Amy Bobbins
ZUMBA	Annetta's Zumba class is a high-energy dance-fitness celebration packed with great music, easy-to-follow movement and plenty of fun. Expect an exciting mix of modern tracks and different music genres, brought together with energetic choreography that gets the whole body moving. It's about boosting fitness, confidence and energy while creating an atmosphere that feels more like a party than a workout.	Annetta Reid