



World Spa Awards
October 23-27, 2018

ST REGIS
MALDIVES • VOMMULI

October 23, 2018 Tuesday

07:00 am – 07:45 am

Boot Camp at Vommuli House

11:30 am – 12:15 pm

Aqua Aerobics

3:00pm

Ayurveda and Wellness Talk with Dr. Sudhi

October 24, 2018 Wednesday

07:00 am – 07:45 am

Beach Work Out at Orientale beach

10:30 am – 11:15pm

Pool Bike Fitness in ALBA Pool

3:00 pm to 3:45 pm

Jumping Fitness

October 25, 2018 Thursday

07:00 am – 07:45 am

Sunrise Yoga

10:30 am – 11:15pm

Aqua Aerobics

ON SITE CONTACTS

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3:00 pm to 3:45 pm

TRX Workout

October 26, 2018 Friday

07:00 am – 07:45 am

TABATA HIIT

10:30 am – 11:15pm

Pool Bike Fitness in ALBA Pool

3:00 pm to 3:45 pm

Hatha Yoga

October 27, 2018 Saturday

07:00 am – 07:45 am

Group Tennis Coaching

10:00 am – 10:45 am

Antigravity Yoga

3:00 pm to 3:45 pm

Jumping Fitness

