



MIT SIS SELECTION
ALILA

Sports & Fitness Programme

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00	Good Morning Alila	Good Morning Alila	Good Morning Alila	Good Morning Alila	Good Morning Alila	Good Morning Alila	Good Morning Alila
10:15	Hit Workout	Stretching	Tabata	Stretching	Functional Training	Tabata	Cross Training
11:30	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym
12:15	Beach Volley	Ping Pong	Beach Volley	Ping Pong	Beach Volley	Ping Pong	Ping Pong
13:00	Darts	Open Outdoor Gym	Darts	Open Outdoor Gym	Darts	Open Outdoor Gym	Darts
14:00	Open Outdoor Gym	Boccia	Open Outdoor Gym	Boccia	Open Outdoor Gym	Boccia	Open Outdoor Gym
17:15	Full Body Workout	Beach Volley	Hiit Workout	Beach Volley	Tabata	Abs & Legs	Beach Volley

Personal Training Lessons Available
Operating Days & Hours for Indoor Gym: 08:00 - 20:00