

# FITNESS SCHEDULE

## SIGNATURE CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM CORE BLAST	7:00 AM FULL BODY BLAST	8:00AM CORE BLAST	7:00 AM FULL BODY BLAST	8:00 AM FLAMINGO YOGA	8:00 AM FLAMINGO YOGA	
8:00AM VINYASA YOGA	8:00AM ABS, GLUTES & BACK	8:00 AM VINYASA FLOW	8:00 AM VINYASA FLOW	8:00 AM CIRCUIT BURN	9:00 AM KIDS FIT	
9:00 AM HIIT SESSION	6:00 PM YOGA FLOW	9:00 AM HIIT SESSION	9:00 AM ABS, GLUTES & BACK	9:00 AM KIDS FIT	10:00 AM MAT PILATES	
7:00 PM MAT PILATES		5:00 PM YOGA FLOW	7:00 PM MAT PILATES	5:00 PM YOGA FLOW		

# JUNE 2026

## COMPLIMENTARY CLASSES

1:00pm KETTLEBELL BURN	1:00pm GLUTE CAMP	2:00pm AGILITY ALCHEMY	2:00pm ESPA ELITE	1:00pm STRENGTH SYMPHONY
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Guests must be **18+** to participate in all Fitness Classes, unless specified.

Limited spaces available for complimentary classes.

Visit the ESPA reception desk  
to register.

Proper gym attire and sneakers required for all classes and GYM use.

FITNESS CENTER  
OPEN DAILY  
6:00AM-8:00PM

Use of the  
GYM by guests  
**13-17** is  
permitted only  
when an **adult**  
**18+** is present.

Flamingo  
Yoga  
Ages 16- 17  
allowed with  
participating  
Parent or  
guardian. Sign  
up is 24hrs in  
advance.

Select  
classes are  
hosted  
outdoors  
weather  
permitting.

## SIGNATURE CLASSES

**FLAMINGO YOGA** -\$100 + 10% VAT, Please arrive at ESPA 10 minutes prior to class time to check in. Your instructor will escort you to the class venue. Pre-registration required. Limited availability. Guests 16-17 allowed with participating adult.

**Kids Fit**- \$20 + 10% VAT- A dynamic fitness class designed for kids ages 7-12! This high energy class focuses on building strength, flexibility and coordination while keeping things fun and engaging. Whether it is jumping, running, dancing, or balancing, each session is packed with activities that keeps kids excited and active.

**VINYASA FLOW YOGA** -\$30 + 10% VAT, All our classes are Ashtanga-based Vinyasa Flow. Each class is beginner friendly and offers a variety of opportunities to modify postures to ease or amplify the intensity. We begin with pranayama (breathwork) and end with guided meditation and aroma therapy.

**MAT PILATES** -\$30 + 10% VAT, Strengthen your core, improve alignment, and increase flexibility with a guided Pilates mat class suitable for all levels.

**FULL BODY BLAST**-\$30 + 10% VAT, is a balanced, feel good-workout designed to engage your entire body through a mix of strength, movement and flow. This class helps improve tone, mobility, and energy.

**ABS, GLUTES & BACK** -\$30 + 10% VAT, this class sets the foundation for your entire body .A mixture of static holds, calisthenics to improve postures, overall core and back strength and cardio.

**HIIT SESSION** \$30 + 10% VAT, this class is an athletic training experience. A high energy fusion of strength, conditioning, running & core. Designed to ignite the body and elevate performance.

**CORE BLAST**-\$30 + 10% VAT, Total core strength and conditioning workout. Targeting the lower and upper abdominals, left and right obliques and lower back.

**CIRCUIT BURN**-\$30 + 10% VAT, Endurance and resistance training, high intensity aerobics, and exercises performed in a circuit. Targets strength building and muscular endurance.

## COMPLIMENTARY CLASSES

Limited participants RSVP

**STRENGTH SYMPHONY** - Full Body Strength and Conditioning. This class will help guests sculpt and tone their entire body, including arms, legs, and core.

**GLUTE CAMP** - this class is dedicated to toning and strengthening the gluteal muscles and legs using a variety of exercises and equipment.

**MED BALL HEAT** - High intensity training which requires the use of a medicine ball that targets the full body through explosive movements.

**ESPA IGNITE** – Focusing on the arms, shoulders, and back, this class incorporates resistance training and bodyweight exercises to build upper body strength.

**ESPA ELITE** – A high intensity bodyweight class targeting the lower and upper body. This class comprise of conditioning exercises to stay fit and lean.

**KETTLEBELL BURN** - A full body high intensity workout using only kettlebells. Great for calorie burning and muscle toning

**AGILITY ALCHEMY** - Sprinting Drills, and Speed Development. A high intensity class designed for functional fitness.