

Fitness Schedule

A week of movement, from sunrise boxing to flamingo yoga in the garden — signature classes, complimentary sessions.

MONTH

August 2026

GYM HOURS

6:00 AM – 8:00 PM daily

GYM USE

Guests ages 13–17 may use the gym only when an adult 18+ is present throughout the workout.

ATTIRE

Gym wear & sneakers. No crocs, slides, open toe shoes are allowed.

Signature Classes — Weekly Schedule



MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM Yoga	8:00 AM Yoga	8:00 AM Yoga	8:00 AM Yoga	8:00 AM Flamingo Yoga	8:00 AM Flamingo Yoga	8:00 AM Core Blast
8:00 AM Core Blast	9:00 AM Boxing Fitness	8:00 AM Core Blast	9:00 AM Boxing Fitness	8:00 AM Pilates Reformer Limited slots (4)	8:00 AM Pilates Reformer Limited Slots (4)	
9:00 AM Body Blitz HIIT Session	5:00 PM Mat Pilates	9:00 AM Body Blitz HIIT Session	5:00 PM Mat Pilates	9:00 AM Body Blitz HIIT Session	9:00AM Kids Fit AGES 7 – 12	
5:00 PM Yoga		10:00 AM Boxing Fitness				

Signature Class Descriptions

Part 1 of 2



Body Blitz

\$30 + 10% VAT

An upbeat, high-energy class targeting the full body — upper body strength, lower body conditioning, cardio, and core training.

Boxing Fitness

\$30 + 10% VAT

A high-energy workout combining shadowboxing, drills, and core conditioning. Suitable for all fitness levels, no prior experience needed.

Core Blast

\$30 + 10% VAT

An energizing workout focused on core stability, balance, and functional strength, with modifications provided as needed.

Flamingo Yoga

\$100 + 10% VAT

Connect with nature through an all-levels yoga flow alongside Baha Mar's iconic flamingos — mindful movement, breathwork, and relaxation outdoors.

AGES 13+ · 24HR RSVP

Kids Fit

\$20 + 10% VAT

Designed for children ages 7–12, this dynamic class builds agility, strength, and coordination through age-appropriate exercises in a fun, supportive environment.

AGES 7–12

Pilates Reformer

\$60 + 10% VAT

A guided reformer workout to improve strength, flexibility, posture, and core stability.

Signature Class Descriptions

Part 2 of 2



Mat Pilates

\$30 + 10% VAT

Strengthen, lengthen, and tone the body while improving posture, flexibility, and overall mobility in this low-impact, all-levels class.

Yoga

\$30 + 10% VAT

Reconnect mind and body through gentle movement, intentional breathing, and guided relaxation. Suitable for all fitness levels.

Good to Know

- Fitness Center is open daily, 6:00 AM – 8:00 PM.
- Guests ages 13–17 may use the gym only when an adult 18+ is present throughout the workout.
- Register for classes at the ESPA reception desk; complimentary classes have limited space.
- Proper gym attire and sneakers are required for all classes and gym use.
- Fitness classes are 18+ unless otherwise specified (Kids Fit, Flamingo Yoga).
- Select classes are hosted outdoors, weather permitting.
- Bring a reusable water bottle — sip sustainably.



Flamingo Yoga

Sign-up required 24 hours in advance.
Open to participants ages 13 and older;
guests ages 13–17 must be accompanied
by a participating adult throughout the class.

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Complimentary Classes

Space is limited — RSVP required at reception.



MON

1:00 PM

Agility Alchemy

TUE

1:00 PM

Kettlebell Burn

WED

1:00 PM

Glute Camp

THU

1:00 PM

**Strength
Symphony**

FRI

1:00 PM

ESPA Ignite

SAT

1:00 PM

ESPA Elite

SUN

1:00 PM

Med Ball Heat

All complimentary classes are open to guests 18+ and take place in the fitness studio or an outdoor space, weather permitting.



Complimentary Class Descriptions

Agility Alchemy

Sprinting drills and speed development — a high-intensity class built for functional fitness.

Glute Camp

Dedicated to toning and strengthening the glutes and legs using a variety of exercises and equipment.

Kettlebell Burn

A full-body, high-intensity workout using only kettlebells — great for calorie burning and muscle toning.

ESPA Elite

A high-intensity bodyweight class targeting upper and lower body through conditioning exercises to stay fit and lean.

ESPA Ignite

Focused on arms, shoulders, and back — resistance training and bodyweight exercises build upper body strength.

Med Ball Heat

High-intensity training with a medicine ball, targeting the full body through explosive movements.

Strength Symphony

Full-body strength and conditioning to help guests sculpt and tone their entire body, including arms, legs, and core.