ESPA
AT BAHA MAR

FITNESS SCHEDULE
NOVEMBER 2026

SIGNATURE CLASSES

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	9:00 AM Body Blitz	8:00 AM Core Blast	9:00 AM Pilates Reformer	9:00 AM Pilates Reformer	8:00 AM Pilates Reformer	9:00am Core Blast
9:00AM Kids Fit	10:00AM Mat Pilates	9:00 AM Kids Fit	10:00AM Body Blitz	9:00 AM Kids Fit	10:00am Body Blitz	
10:00AM Pilates Reformer				11:30 AM Mat Pilates	11:30 AM Mat Pilates	11:30 AM Mat Pilates

BODY BLITZ | 18+ | $30+VAT
Upbeat full-body class: upper body strength, lower body conditioning, cardio and core.

CORE BLAST | 18 + | $30+VAT
Core stability, balance and functional strength, with modifications as needed.

KIDS FIT | AGES 7-12 | $20+VAT
Builds agility, strength and coordination in a fun, supportive environment.

MAT PILATES | 18 + | $30+VAT
Low-impact, all-levels class to strengthen, lengthen and tone; improves mobility.

PILATES REFORMER | 18+ | $60+VAT
Certified Balance Body instructor, Allegro II reformer workout for strength, flexibility, posture and core stability.

YOGA | 18 + | $30+VAT
Gentle movement, intentional breathing and guided relaxation.

FLAMINGO YOGA | AGES 13+ | 24HR RSVP | $100+VAT
All-levels yoga flow beside Baha Mar's iconic flamingos - mindful movement outdoors



COMPLIMENTARY CLASSES • 1:00 PM DAILY • RSVP AT RECEPTION • 18+

MON	TUE	WED	THU	FRI	SAT	SUN
Agility Alchemy	Kettlebell Burn	Glute Camp	Strength Symphony	ESPA Ignite	ESPA Elite	Med Ball Heat

AGILITY ALCHEMY
Sprinting drills and speed development. A high intensity class designed for functional fitness.

GLUTE CAMP
This class is dedicated to toning and strengthening the gluteal muscles 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 the whole body, with conditioning exercises to stay fit and lean.

ESPA IGNITE
Focusing on the arms, shoulders, and back, this class incorporates resistance training and bodyweight exercises

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

STRENGTH SYMPHONY
Full body strength and conditioning. This class will help guests sculpt and tone the entire body, including arms, legs and core.

GOOD TO KNOW

Gym Hours: 6:00 AM - 8:00 PM daily

Ages: Classes are 18+ unless otherwise noted (Kids Fit & Flamingo Yoga).

Flamingo Yoga: RSVP 24 hrs ahead. Ages 13+. Guests 13-17 must be accompanied by a participating adult throughout the class.

Attire: Gym wear & sneakers required for all classes and gym use - no crocs, slides, or open-toe shoes

Outdoor Classes: Select classes are held outdoors, weather permitting.

Sip Sustainably: Bring a reusable water bottle.