

DIVA WELLBEING & SOCIAL WEEK - 9th TO 16th OF OCTOBER 2021

Time / Day	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00 – 07:45			Rise + Shine Aerobics High/Low Impact	Morning Boot campers High Impact	Core Strength and tone Low Impact	Early Bird HIT Workout High Impact	Interval Training High Impact	
08:00 – 08:45		Aero tone High/Low impact	Kick-Boxercise High Impact	Aero tone High/Low impact	Zumba High/Low Impact	Sexy Legs High/low impact	ZUU High impact	
09:00 – 09:45		Box fit High Impact	HIIT High Impact	Circuit High/Low Impact	Interval Training High Impact	LBT High/Low Impact	Circuit High/Low Impact	
09:45 – 10:30	Breakfast							
10:45 – 11:30		Cardio HIIT High Impact	Running Club High/low impact	KELLIE	Boxercise High Impact	Running Club High/low impact	LBT High/Low Impact	
11:45 – 12:30		Power Waves Aqua Low impact	Cardio Splash Aqua Low impact	Ride the Waves Aqua High/Low impact	Aqua Circuit High/Low impact	Make a Splash Aqua High/Low impact	Splash Social Aqua High/Low impact	
12:45 – 13:30		Interval Training High Impact	Circuit High/Low Impact	ZUU High Impact	LBT High/Low Impact	Circuit High/Low Impact	LBT High/Low Impact	
14:00 – 15:00	Lunch							
	Welcome Event	Beach Visit	Bike ride/ Country Walk	Free Time	Free Time	Boat Trip	Village Trip/ Beach Trip	
		Free Time	Wine Tasting	Learn about Portugal!	Free Time	Free Time	Free Time	
19:00 – 20:00	Dinner							
20:00 - ...	Social Night	Singer Night	Portuguese Dancers	Quiz/Social night	Local Club / Bar	Karaoke + Cabaret Show	Party Night	

Afternoon activities may be altered to a different day/activity if there is a change in weather conditions.

Aerobics – Fun aerobics class / Bootcamp – Hardcore Circuit class (not for the faint hearted) / HIIT – High Intensity Interval Training to improve fitness and strength / Aero tone – Total body fitness (Aerobic and strength training) / Zumba – Latin and international Rhythms with easy to follow moves (Cardio & body workout) / Box fit – Upper body & Cardio workout / Circuit – A Class utilising weights and other equipment to improve fitness and strength / LBT (Legs, Bums & Tums) – Combination of Hi/low aerobic exercises specifically for the mid to lower body. / Aqua – Fun, gentle way to enjoy aerobic exercises. / ZUU – Strength and conditioning workout / Sexy Legs – Leg strength & explosive power workout.