



PALAIS NAMASKAR

MARRAKECH

Sport Classes for the 2013-2014 season

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09h00		VTT/ Walking	VTT/ Walking	VTT/ Walking	VTT/ Walking	VTT/ Walking	
10h30		Private Session & group Yoga Classes	Private Session & group Yoga Classes	Private Session	Private Session	Private Session & group Yoga Classes	
12h00		Aqua Training/ Body Sculpt	Aqua Training/ Body Sculpt	Aqua Training/ Body Sculpt	Aqua Training/ Body Sculpt	Aqua Training/ Body Sculpt	
14h00		Soft Gym/ Streching	Soft Gym/ Streching	Soft Gym/ Streching	Soft Gym/ Streching	Soft Gym/ Streching	
15h30		Private Session	Private Session	Private Session	Private Session	Private Session	
16h30					Group Yoga Classes		

For each session, a choice of two activities is proposed to keep flexibility and adaption to the guests' needs and capacities.

Our fully equipped fitness center is open daily from 8.30 am to 9 pm.

For any further information, please contact the Spa at extension 12 , or our guest services at extension 9.