





Thu 2nd May	Thu 2nd May	Thu 2nd May	Thu 2nd May	Thu 2nd May	Thu 2nd May	Thu 2nd May	Thu 2nd May
16:00 - 17:30	Meet the Team and Resort Tour - Meet at the Palapa Bar (wear your Fitfever t-shirt)						
21:00 - 00:00	"THE HOLA POOL PARTY" Complimentary Free Drink, DJs: Tito, Woody Woodsta, Mike Young, Eddie Nestor, Robbie Gee, Fatman & Colonel, Big Business - DressCode - Smart/Casual but HOT!! Hotel Pool						

Fri 3rd May	Fri 3rd May	Fri 3rd May	Fri 3rd May	Fri 3rd May	Fri 3rd May	Fri 3rd May	Fri 3rd May	
Date/Time	MC1	Plaza Rumbra	TC6	Spin	Gym/Aqua	Sports Hall/Stage		
08.00 - 08.45	Sunrise Mountain Walk - meet at the Plaza Rumbra - 06:30					Flow Movement Meditation® Karen Elliott		
09.00 - 09.45	Step With Attitude Pauline Thomas	Diva Jess McKee	AB-LITERS Natalie Remees	No Class	No Class	Playitas Floor Based Class		
10.00 - 10.45	Fit2Fite Ross Mathieu	Supafresh Disco 70's Amelia Aramu	Totally Shredded® Dean Heitman	Spin Sensation Julian Baker	Intro to Weight Conditioning Cassius Frankson	Playitas Floor Based Class		
11.00 - 11.45	Xtreme Step Lite Izett Barnett	THE METHOD 'Resistance Band Workout' Faye Edwards	Freestyle Pump Sim Sema	Epic Battle Spin Darren Placid & Jay Phillips	No Class	Playitas Floor Based Class		
12.00 - 12.45	Body Combat Kelly Clayden	Muscle Fusion Vikki Gamblen	Boxer Maydine & Ken	No Class	AQUAFLOAT FIIT Sunny Singh	Meditation on the Rocks Karen Elliott		
12.45 - 18.00	Lunch and Relax & Gaqua in the Pool with Andrew at 14:45							
21:00 - 02:00	"DEADLY IN DENIM" Party with Tito, Woody, Mikey, Big Business, Fatman & Colonel and Mastermind - La Bodega (Dress code - Denim)							


Sat 4th May	Sat 4th May	Sat 4th May	Sat 4th May	Sat 4th May	Sat 4th May	Sat 4th May	Sat 4th May	
Date/Time	MC1	Plaza Rumbra	TC6	Spin	Gym/Aqua	Sports Hall/Stage	 	
08.00 - 08.45	Sunrise Mountain Walk - meet at the Plaza Rumbra - 06:30					Vin Yang Yoga Jess McKee		
09.00 - 09.45	Garage Jam Pauline Thomas	Bodyweight Bootcamp Sim Sema	Remees Sculpt Natalie Remees	No Class	No Class	Playitas Floor Based Class		
10.00 - 10.45	Xtreme Step Izett Barnett	Ragga-Ton Robert Sharpe	Off Da Floor Maydine Etienne	Spin Sensation Julian Baker	Intro to Weight Conditioning Cassius Frankson	Playitas Floor Based Class		
11.00 - 11.45	TOTALLY SHREDDED® Dean Heitman	Pilates Karen Elliott	Rebound Vikki Gamblen	Epic Energy Spin Darren Placid & Jay Phillips	No Class	Playitas Floor Based Class		
12.00 - 12.45	Fit2Fite Ross Mathieu	Supafresh 90's Hip Hop & RnB Amelia Aramu	Body Combat Kelly Clayden	No Class	Float Warrior Sunny Singh	Playitas Floor Based Class		
12.00 - 18.00	Lunch and Relax & Aqua Karaoke in the Pool with Julian at 14:45							
21:00 - 03:00	SHOW AND PARTY - Hosted by Eddie Nestor & Robbie Gee Show starts at 21:30							

Sun 5th May	Sun 5th May	Sun 5th May	Sun 5th May	Sun 5th May	Sun 5th May	Sun 5th May	Mon 7th May
Date/Time	MC1	Plaza Rumbra	TC6	Spin	Gym/Aqua	Sports Hall/Stage	
08.00 - 08.45	Sunrise Mountain Walk - meet at the Plaza Rumbra - 06:30					No Frills Yoga Jess McKee	
09.00 - 09.45	Street Dance Diva Pauline Thomas	Muscle Fusion Vikki Gamblen	Da Terminator Maydine	No Class	No Class	Playitas Floor Based Class	
10.00 - 10.45	F.I.T Jam Faye Edwards	Flow Movement Meditation® Karen Elliott	Ab Blast Sim Sema	Remees Ride Natalie Remees	Intro to Weight Conditioning Cassius Frankson	Playitas Floor Based Class	
11.00 - 11.45	Fit2Fite Gospel Ross Mathieu	Bangracize Sunny Singh	LBT "The Pyramid" Kelly Clayden	Ride DnB Dean Heitman	No Class	Playitas Floor Based Class	

12.00 - 12.45	Xtreme Step Izett Barnett	Body Groove Amelia Amaru	Shred Julian Baker	No Class	Aqua Sensation 14.45 Julian Baker	Playitas Floor Based Class	
13.00 - 16.00	"SPLASH" - Get wet with sweat, old skool, 2 step and sing-a-long anthems - Fun, Games & Music by the Aparthotel Pool with Eddie Nestor, Robbie Gee, Mastermind and Fatman & Colonel						
22.00 - 02.00	"All WHITE on the night" Uplifting, fast moving, Energy Burning, House, Soul, Garage, Jungle and Hip Hop at La Bodega - With all DJs! (Dress code - Wear something white)						

Mon 6th May	Mon 6th May	Mon 6th May	Mon 6th May	Mon 6th May	Mon 6th May	Mon 6th May	
Date/Time	MC1	Plaza Rumbra	TC6	Spin	Gym/Aqua	Sports Hall/Stage	
08.00 - 08.45	Sunrise Mountain Walk - meet at the Plaza Rumbra - 06:30					Pilates/Yoga Fusion Karen Elliott	
09.00 - 09.45	Soca Afro Natalie Remeo	Mmmove Karen Elliott	Total Toning 'It takes two' Kelly Clayden	No Class	No Class	Playitas Floor Based Class	
10.00 - 10.45	Xtreme Step Izett Barnett	Latino-Cize Robert Sharpe	Fit2Fite Ross Mathieu	Epic Energy Spin Darren Placid & Jay Phillips	Intro to Weight Conditioning Cassius Frankson	Playitas Floor Based Class	
11.00 - 11.45	Step Sensation Julian Baker	Dance Fit Amelia Amaru	SUPER s.t.a.r.s Maydine	Spin With Attitude Pauline Thomas	AQUAFLOAT FIIT Sunny Singh	Playitas Floor Based Class	
12.00 - 12.45	Ultimate Bag Workout Dean Heitman	"The Method" Resistance Band Workout Faye Edwards	Rebound Vikki Gamblen	No Class	No Class	Playitas Floor Based Class	
12.00 - 14.00	Lunch and Relax & Gaqua in the Pool with Andrew at 14:45						
14.00 - 18.00	"BAYWATCH" - BEACH PARTY AND BEACH GAMES - DJs, Eddie, Robbie and tons of fun on the beach!!						



Tue 7th May	Tue 7th May	Tue 7th May	Tue 7th May	Tue 7th May	Tue 7th May	Tue 7th May	
Date/Time	MC1	Plaza Rumbra	TC6	Spin	Gym/Aqua	Sports Hall/Stage	
09.00 - 09.45	Body Attack Julian Baker	Dance Fit Amelia Amaru	Fit2Fite Ross Mathieu	F.I.T Cycle Faye Edwards	No Class	No Frills Yoga Jess McKee	
10.00 - 10.45	TOTALLY SHREDDED® Dean Heitman	POUND Jess McKee	Super Circuits Kelly Clayden	Rough Ride Sim Sema	No Class	Pilates Karen Elliott	
11.00 - 11.45	Fitness Finale Everyone at MC1 - Please wear your T-Shirts						
13.00 - 19.00	"ROCK THE BOAT" - OPTIONAL BOAT PARTY - LIMITED TO 100 PEOPLE - £55 rising to £65. Ride the waves for 4 hours and enjoy exquisite Island Flavours cuisine washed down with our specially enhanced HEAT rum punch, beer, wine or soft drinks. Fee also includes transfers and all your favourite party tunes from the whole team.						
10:00 - 02:00	Slumber Party Night - Tito, Mike Young and Woody Woodsta						

Wed 8th May	Wed 8th May	Wed 8th May	Wed 8th May	Wed 8th May	Wed 8th May	Wed 8th May	Wed 8th May
FREE DAY							
20:00 - 02:00	ISLAND FLAVOURS BBQ & Farewell Party in the La Bodega Bar - With Eddie Nestor & Robbie Gee DJs Fatman & Colonel, Mastermind, Big Business						