



**05th - 10th JUNE 2027**

# **Club La Santa Academy Fitness Week 2027**



# Programme

## **Saturday 5th June**

09:00 Bike Power

09:00 Team Teach

10:00 Step Beginners

11:00 Aerobics / LIIT

12:00 Stretch & Relax (Silent Fit)

16:15 HIIT

17:00 Step Intermediate

## **Sunday 6th June**

08:00 Breath work/Breathe better

10:00 Body Toning

11:00 Step Intermediate

16:00 Functional Core + Mobility

18:00 Bike Low Intensity

20:00 "Latin Night"

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## **Monday 7th June**

10:00 Functional Step

11:00 Dance: Old School HipHop

16:00 Step Advanced

17:00 Bike Power

## **Tuesday 8th June**

09:00 LIIT

09:00 Bike Morning Party

11:00 Dance Workout – 80's style

12:00 Stretch & Relax (Silent Fit)

15:00 Lecture: Watt-training

17:00 Dance

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## **Wednesday 9th June**

08:00 Breath work/Breathe better

09:00 Stick Workout

10:00 Partner Band Workout

11:00 Twin Step

15:15 Functional Core

16:00 Legs & Glutes

17:00 Bike Low Intensity

## **Thursday 10th June**

09:00 Bike´n Strength

10:00 Power & Strength

11:00 Step Intermediate +

16:00 Dance: Hot Hips & Lips

17:00 Team Teach (All)

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