

Fitness Schedule



DAY 2 – SEA DAY

07.00 AM: YOGA SIX 08.00 AM: CLUB PILATES
09.00 AM: STRETCHLAB 10:00 AM: CYCLE BAR
04.00 AM: PURE BARRE 05.00 PM: STRETCH LAB

11:30 AM: HEALTH SEMINAR: HOW TO INCREASE YOUR METABOLISM
LOCATION: WHEELHOUSE,

2:30PM: FOOTPRINT
LOCATION: Fitness Studio, Deck 14 AFT

DAY 3 – SEA DAY

07.00 AM: YOGA SIX 08.00 AM: CLUPILATES
09.00 AM: STRETCHLAB 10.00 AM: CYCLE BAR
04.00 PM: PURE BARRE 05.00 PM: STRETCH LAB

5:30 PM: FOOTPRINT ANALYSIS
LOCATION: Fitness Studio, Deck 14 AFT

DAY 4 – PUERTO VALLARTA

07.00 AM: YOGA SIX 08.00 AM: CLUB PILATES
09.00 AM: STRETCHLAB 10.00 AM: CYCLE BAR
04.00 PM: PURE BARRE 05.00 PM: STRETCH LAB

DAY 5 – SEA DAY

07.00 AM: YOGASIX 08.00 AM: CLUB PILATES
09.00 AM: STRETCHLAB 10.00 AM: CYCLE BAR
04.00 PM: PURE BARRE 05.00 PM: STRETCH LAB

11:30 AM: – HEALTH SEMINAR: EAT MORE WEIGH LESS
LOCATION: Fitness Studio, Deck 14 AFT

DAY 6 – HUATULCO

07.00 AM: YOGA SIX 08.00 AM: CLUB PILATES
09.00 AM: STRETCHLAB 10.00 AM: CYCLE BAR
04.00 PM: PURE BARRE 05.00 PM: STRETCH LAB

DAY 7 – PUERTO CHIPAS

07.00 AM: YOGA SIX 08.00 AM: CLUB PILATES
09.00 AM: STRETCHLAB 10.00 AM: CYCLE BAR
04.00 PM: PURE BARRE 05.00 PM: STRETCH LAB

DAY 8 – SEA DAY

07.00 AM: YOGA SIX 08.00AM: CLUB PILATES
09.00 AM: STRETCHLAB 10.00 AM: CYCLE BAR
04.00 PM: PURE BARRE 05.00 PM: STRETCH LAB

11:30 AM: FREE HEALTH SEMINAR: WALKING IN COMFORT
LOCATION: Fitness Studio, Deck 14 AFT

DAY 9 – PUNTARENAS

07.00 AM: YOGA SIX 08.00 AM: CLUB PILATES
09.00 AM: STRETCHLAB 10.00 AM: CYCLE BAR
04.00 PM: PUREBARRE 05.00 PM: STRETCHLAB

Packages:

- PRINCESS PREMIER: UNLIMITED CLASSES
- PRINCESS PLUS NEW: 2 FREE CLASSES
- PRINCESS BEVERAGE PACKAGE: CHARGES APPLY
- NO PRINCESS PACKAGE: CHARGES APPLY

Fitness Schedule



DAY 10 – SEA DAY

07.00 AM: YOGASIX 08.00 AM: CLUB PILATES
09.00 AM: STRETCH LAB 10.00 AM: CYCLE BAR
04.00 PM: PURE BARRE 05.00 PM: STRETCH LAB

5:30PM FOOTPRINT

LOCATION: Fitness Studio, Deck 14 AFT

DAY 11 – PUERTO AMADOR

07.00 AM: YOGA SIX 08.00 AM: CLUB PILATES
09.00 AM: STRETCHLAB 10.00 AM: CYCLE BAR
05.00 PM: PUREBARRE 05.00 PM: STRETCH LAB

DAY 12 – PANAMAL CANAL (FULL TRANSIT)

07.00 AM: YOGA SIX 08.00 AM: CLUB PILATES
09.00 AM: STRETCHLAB 10.00 AM: CYCLE BAR
04.00 PM: PURE BARRE 05.00 PM: STRETCH LAB

DAY 13 – CARTAGENA

07.00 AM: YOGA SIX 08.00 AM: CLUB PILATES
09.00 AM: STRETCHLAB 10.00 AM: CYCLE BAR
04.00 PM: PURE BARRE 05.00 PM: STRETCHLAB

DAY 14 – SEA DAY

07.00 AM: YOGA SIX 08.00AM: CLUB PILATES
09.00 AM: STRETCHLAB 10.00 AM: CYCLE BAR
04.00 PM: PURE BARRE 05.00 PM: STRETCH LAB

11:30 AM HEALTH SEMINAR: HOW TO INCREASE YOUR METABOLISM

LOCATION: WHEELHOUSE BAR

DAY 15 – SEA DAY

07.00 AM: CLUB PILATES 08.00 AM: CLUB PILATES
09.00 AM: STRETCHLAB 10.00 AM: CYCLE BAR
04.00 PM: PURE BARRE 05.00 PM: PUREBARRE

Packages:

- **PRINCESS PREMIER: UNLIMITED CLASSES**
- **PRINCESS PLUS NEW: 2 FREE CLASSES**
- **PRINCESS BEVERAGE PACKAGE: CHARGES APPLY**
- **NO PRINCESS PACKAGE: CHARGES APPLY**