

FITNESS SCHEDULE

1

Brisbane, Australia

- Noon Meet your Personal Trainer
- 5:00 pm *Free Health Seminar:*
Footprint Clinic

2

At Sea

- 7:00 am Morning Stretch
- 7:30 am Abs Class
- 8:00 am Pure-Form Yoga*
- 9:00 am Tour De Cycle*
- 11:00 am *Free Health Seminar:*
How to Increase your Metabolism
- 2:00 pm *Free Health Seminar:*
Improving Posture with Good Feet
- 5:00 pm Evening Stretch

3

At Sea

- 7:00 am Morning Stretch
- 7:30 am Abs Class
- 8:00 am Pure-Form Pilates*
- 9:00 am Body Sculpt Boot Camp*
- 11:00 am *Free Health Seminar:*
Detox for Health Weightloss
- 2:00 pm *Free Health Seminar:*
Walking in Comfort with Good Feet
- 5:00 pm Evening Stretch
- 5:30 pm *Free Health Seminar:*
Footprint Analysis

4

Noumea, New Caledonia

8:00 am - 6:00 pm

- 7:00 am Morning Stretch
- 7:30 am Total Body Conditioning
- 8:00 am Pure-Form Pilates*
- 9:00 am Tour De Cycle*
- 11:00 am *Free Health Seminar:*
Complimentary Footprint & Postural Analysis

5

At Sea

- 7:00 am Morning Stretch
- 7:30 am Abs Class
- 8:00 am Pure-Form Yoga*
- 9:00 am Tour De Cycle*
- 11:00 am *Free Health Seminar:*
Burn Fat Faster
- 2:00 pm *Free Health Seminar:*
Improving Posture with Good Feet
- 5:00 pm Evening Stretch
- 5:30 pm *Free Health Seminar:*
Footprint Analysis

6

Mystery Island, Vanuatu

7:00 am - 5:00 pm

- 7:00 am Morning Stretch
- 7:30 am Abs Class
- 8:00 am Pure-Form Yoga*
- 9:00 am Body Sculpt Boot Camp*
- 5:00 pm Evening Stretch
- 5:30 pm *Free Health Seminar:*
Footprint and Postural Analysis

7

Port Vila, Vanuatu

8:00 am - 5:00 pm

- 4:00 pm Pure-Form Pilates*
- 5:00 pm Evening Stretch
- 5:30 pm *Free Health Seminar:*
Footprint Analysis

*For pricing please visit the Fitness Center.

FITNESS SCHEDULE

8

At Sea

- 7:00 am Morning Stretch
- 7:30 am Abs Class
- 8:00 am Pure-Form Yoga*
- 9:00 am Body Sculpt Boot Camp*
- 11:00 am *Free Health Seminar:*
Secrets to a Flatter Stomach
- 2:00 pm *Free Health Seminar:*
Relieving Back Pain
- 4:00 pm Pure-Form Pilates*
- 5:00 pm Evening Stretch
- 5:30 pm *Free Health Seminar:*
Footprint & Postural Analysis

9

At Sea

- 7:00 am Morning Stretch
- 7:30 am Abs Class
- 8:00 am Pure-Form Yoga*
- 9:00 am Tour De Cycle*
- 11:00 am *Free Health Seminar:*
Detox for Health & Weightloss
- 2:00 pm *Free Health Seminar:*
Walking in Comfort with
Good Feet
- 5:00 pm Evening Stretch
- 5:30 pm *Free Health Seminar:*
Footprint & Postural Analysis

*For pricing please visit the Fitness Center.