

# JULY, 2019 ACTIVITIES CALENDAR

THE WESTIN MALDIVES MIRIANDHOO RESORT  
Baa Atoll, Republic of Maldives

MONDAY PLAY WELL DAY	TUESDAY FEEL WELL DAY	WEDNESDAY SLEEP WELL DAY	THURSDAY MOVE WELL DAY	FRIDAY BREATHE WELL DAY	SATURDAY WORK WELL DAY	SUNDAY EAT WELL DAY
<p>1</p> <p>07:00-07:30 Run Westin 07:00-08:00 Sunrise Yoga 15:30-16:00 TRX 16:30-17:00 Core Workout 17:30-18:00 Taebo Fun 18:20 -19:20 Sunset Yoga 18:30-19:00 Speed Up</p>	<p>2</p> <p>07:00-07:30 Stretch with us 15:30-16:00 Pilates 16:30-17:00 Body Pump 17:30-18:00 Circuit 18:30-19:00 Taebo Fun</p>	<p>3</p> <p>07:00-07:30 Run Westin 07:00-08:00 Sunrise Yoga 15:30-16:00 Cardio 16:30-17:00 Core Workout 17:30-18:00 Aerobics 18:20 -19:20 Sunset Yoga 18:30-19:00 Speed Up</p>	<p>4</p> <p>07:00-07:30 Stretch with us 07:00-08:00 Sunrise Yoga 11.00-11.30 Kids Yoga 15:30-16:00 CrossFit 16:30-17:00 Speed Up 17:30-18:00 Taebo Fun 18:20-19:20 Sunset Yoga 18:30-19:00 Pilates</p>	<p>5</p> <p>07:00-07:30 Run Westin 07:00-08:00 Sunrise Yoga 15:30-16:00 TRX 16:30-17:00 Core Workout 17:30-18:00 Circuit 18:20 -19:20 Sunset Yoga 18:30-19:00 Back Strengthening</p>	<p>6</p> <p>07:00-07:30 Stretch with us 07:00-08:00 Sunrise Yoga 15:30-16:00 Cardio 16:30-17:00 CrossFit 17:30-18:00 Aerobics 18:20 -19:20 Sunset Yoga 18:30-19:00 Pilates</p>	<p>7</p> <p>07:00-07:30 Run Westin 07:00-08:00 Sunrise Yoga 15:30-16:00 TRX 16:30-17:00 Speed Up 17:30-18:00 Cardio 18:20 -19:20 Sunset Yoga 18:30-19:00 Taebo Fun</p>
<p>8</p> <p>07:00-07:30 Run Westin 07:00-08:00 Sunrise Yoga 15:30-16:00 TRX 16:30-17:00 Core Workout 17:30-18:00 Taebo Fun 18:20 -19:20 Sunset Yoga 18:30-19:00 Speed Up</p>	<p>9</p> <p>07:00-07:30 Stretch with us 15:30-16:00 Pilates 16:30-17:00 Body Pump 17:30-18:00 Circuit 18:30-19:00 Taebo Fun</p>	<p>10</p> <p>07:00-07:30 Run Westin 07:00-08:00 Sunrise Yoga 15:30-16:00 Cardio 16:30-17:00 Core Workout 17:30-18:00 Aerobics 18:20 -19:20 Sunset Yoga 18:30-19:00 Speed Up</p>	<p>11</p> <p>07:00-07:30 Stretch with us 07:00-08:00 Sunrise Yoga 11.00-11.30 Kids Yoga 15:30-16:00 CrossFit 16:30-17:00 Speed Up 17:30-18:00 Taebo Fun 18:20-19:20 Sunset Yoga 18:30-19:00 Pilates</p>	<p>12</p> <p>07:00-07:30 Run Westin 07:00-08:00 Sunrise Yoga 15:30-16:00 TRX 16:30-17:00 Core Workout 17:30-18:00 Circuit 18:20 -19:20 Sunset Yoga 18:30-19:00 Back Strengthening</p>	<p>13</p> <p>07:00-07:30 Stretch with us 07:00-08:00 Sunrise Yoga 15:30-16:00 Cardio 16:30-17:00 CrossFit 17:30-18:00 Aerobics 18:20 -19:20 Sunset Yoga 18:30-19:00 Pilates</p>	<p>14</p> <p>07:00-07:30 Run Westin 07:00-08:00 Sunrise Yoga 15:30-16:00 TRX 16:30-17:00 Speed Up 17:30-18:00 Cardio 18:20 -19:20 Sunset Yoga 18:30-19:00 Taebo Fun</p>
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