

# AERIAL YOGA

## AERIAL YOGA FLEXIBILITY

**DIFFICULTY LEVEL: 2/5**

Aerial Yoga Flexibility focuses on improving mobility, deep stretching, and body awareness using the support of the hammock. The practice helps release tension, increase range of motion, and safely deepen stretches while building strength and control.

## AERIAL YOGA ACROBATICS

**DIFFICULTY LEVEL: 5/5**

Aerial acrobatics is a dynamic and playful class that combines strength, balance, and creativity using the aerial hammock. You will explore flowing movements, light acrobatic transitions, and supported inversions while developing body awareness and confidence.

## AERIAL YOGA FLOW

**DIFFICULTY LEVEL: 3/5**

A graceful aerial class where movements flow smoothly from one pose to another using the hammock for support. The practice improves mobility, balance, and relaxation while offering a unique feeling of lightness.

## AERIAL YOGA BASICS

**DIFFICULTY LEVEL: 2/5**

Aerial Yoga Basics is an introductory class designed to gently familiarize guests with the aerial hammock. Through simple poses, light stretches, and supported movements. This relaxing practice offers a unique sensation of lightness and is suitable for beginners.

## AERIAL UPPER BODY STRENGTH

**DIFFICULTY LEVEL: 3/5**

A strengthening aerial class focused on arms, back, and core. Using the hammock for support, guests build upper body strength, stability, and control.

## AERIAL FLOW IN THE HAMMOCK

**DIFFICULTY LEVEL: 3/5**

A rejuvenating morning class that blends gentle aerial stretches, fluid movements and hammock-supported poses to awaken the body and calm the mind.

# YOGA

## ASHTANGA YOGA – PRIMARY SERIES INSPIRED

**DIFFICULTY LEVEL: 4/5**

This dynamic yoga practice is inspired by the traditional Ashtanga Primary Series, linking breath with a flowing sequence of postures. The class focuses on building strength, flexibility, and concentration while creating a steady rhythm of movement and breath.

## JOURNEY THROUGH THE CHAKRAS

**DIFFICULTY LEVEL: 3/5**

This mindful yoga class is inspired by the energy centers of the body, known as chakras. Each session focuses on a different chakra, exploring yoga postures to activate and balance that specific energy center.

## PRANAYAMA

**DIFFICULTY LEVEL: 1/5**

Pranayama is the art of conscious breathing, designed to calm the mind, energize the body, and restore inner balance. This guided class introduces various breathing techniques that help improve focus, reduce stress, and enhance overall wellbeing. Suitable for all levels, it offers a serene and mindful experience.

## VINYASA FLOW

**DIFFICULTY LEVEL: 3/5**

Vinyasa is a dynamic and energizing yoga practice that links breath with movement in a seamless flow of postures. This class builds strength, flexibility, and balance while promoting mental focus and vitality.

## ARM BALANCE YOGA

**DIFFICULTY LEVEL: 5/5**

Arm Balance Yoga is a dynamic and playful class focusing on strength, stability, and body control through supported and free arm balances in a safe and guided environment.

## YOGA NIDRA

**DIFFICULTY LEVEL: 1/5**

Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping in which the body is completely relaxed. The practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions while lying down in a supine position. By calming the nervous system, this practice deeply benefits the mind and body.

## RESTORATIVE YOGA & SOUND THERAPY

### DIFFICULTY LEVEL: 2/5

Step into your summer light and harness the strength of the sun. Summer is about expansion. Through slow, precise movement and a short meditation, embrace your inner summer within the body and mind.

## POSTURE RESET – INTELLIGENT ALIGNMENT

### DIFFICULTY LEVEL: 2/5

A focused, alignment-based practice designed to improve posture and reconnect breath with movement. This class gently retrains the body to stand and move with greater support, awareness and balance. Mindful sequencing and conscious breathing help release tension caused by travel, long hours of sitting or training, while creating space and stability in the spine. Leave feeling taller, lighter and more aligned.

## SLOW FLOW

### DIFFICULTY LEVEL: 2/5

Embrace mindful movement and synchronize with the breath in a deliberate and moderately challenging practice that works on flexibility, stability and inner calm.

## YOGA MEETS MOBILITY

### DIFFICULTY LEVEL: 3/5

An energizing flow that blends yoga sequencing with mobility drills and strength-based transitions. The practice improves active range of motion, stability and overall resilience while maintaining fluidity and breath awareness. Dynamic, playful and intelligently structured, this class builds strength within flexibility and is adaptable to all levels.

## YIN YOGA

### DIFFICULTY LEVEL: 1/5

A slower style of yoga in which poses are held for up to five minutes or more. It is a style with roots in martial arts as well as yoga and is designed to increase circulation in the joints and improve flexibility.

## DYNAMIC YOGA

### DIFFICULTY LEVEL: 4/5

A practice that will challenge your cardio and stamina with its flow. As it is a class that requires some prior knowledge of yogic poses, it is recommended for practitioners that have some experience in yoga.

## AFTER SUN FLOW & BREATHWORK

### DIFFICULTY LEVEL: 2/5

A practice that will challenge your cardio and stamina with its flow. As it is a class that requires some prior knowledge of yogic poses, it is recommended for practitioners that have some experience in yoga.

# PILATES

## \*PILATES REFORMER

DIFFICULTY LEVEL: 2/5

Focusing on form, alignment and breath whilst stretching and strengthening the entire body using spring resistance. You won't believe how great a workout can feel!

## \*PILATES REFORMER PROPS

DIFFICULTY LEVEL: 3/5

This class incorporates the use of various props in combination with the Reformer machine to enhance the Pilates experience. The Reformer is a versatile piece of equipment that uses springs for resistance, helping to improve flexibility, strength and body alignment. Props such as resistance bands, small balls, magic circles and weights are introduced to add variety to the workout, targeting different muscle groups more effectively.

## POWER PILATES

DIFFICULTY LEVEL: 3/5

Designed to address the body's natural balance through a series of precise and controlled movements. A mix of Pilates movements and Fitness exercises.

## PILATES MAT PROPS

DIFFICULTY LEVEL: 2/5

Concentrating on strengthening the body with an emphasis on core strength. Helps to improve general fitness and overall wellbeing. Props such as resistance bands, pilates balls, pilates rings, are used to add variety to the workout, targeting different muscle groups in a more effective way.

## PILATES MAT ONE

DIFFICULTY LEVEL: 1/5

Step into a sanctuary of movement designed to lengthen, align, and restore. The Foundation Flow is a gentle introduction to the Pilates method, specifically curated for those new to the practice or looking to refine their movement mechanics. Set at a mindful pace, this class prioritizes the quality of every motion over the quantity of repetitions.

\* = Classes with Extra Charge

# FITNESS

## TRX & KETTLEBELL COMBO

DIFFICULTY LEVEL: 4/5

A revolutionary workout method that uses body weight and gravity as resistance to build strength, balance, coordination, flexibility and joint stability. In combination with Kettlebell exercises this is a calorie-burning workout with impressive muscular development results.

## ABS & LEGS

DIFFICULTY LEVEL: 2/5

This class focuses on working abs and legs, with static exercises to combine strength training and burning calories. You'll be alternating between a range of lunges, squats and crunches. Each exercise focuses on targeted muscles for a balanced workout.

## FUNCTIONAL FITNESS

DIFFICULTY LEVEL: 3/5

Improve your strength, coordination and balance. Designed to help you train and prepare your body for daily tasks by incorporating everyday movements and muscles in each exercise.

## HYBRID WORKOUT

DIFFICULTY LEVEL: 4/5

Train like an athlete in this high-energy hybrid class designed to build speed, power, and total-body strength. The session combines short running intervals with agility drills, explosive power movements, and functional strength circuits. Expect sprints and runs, strength exercises using bodyweight, dumbbells, or kettlebells. Each block targets athletic skills such as acceleration, coordination, balance, and endurance. This performance-focused workout improves cardiovascular fitness while developing strength and movement efficiency, helping you move faster, react quicker, and perform stronger in everyday life and sport.

## \*SPIN & LIFT INTERVALS

DIFFICULTY LEVEL 4/5

An interval workout that combines all parameters of athletic conditioning such as speed, strength and endurance. Alternate Spinning and Weight Lifting, working the body in an intense and effective way.

## H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)

### DIFFICULTY LEVEL: 4/5

Combines exercises that tones muscles and builds cardiovascular health. This 45-minute class burns fat and helps to create long, lean muscles, with rapid results. It strengthens the core, improves circulation and increases flexibility.

## CIRCUIT TRAINING

### DIFFICULTY LEVEL: 3/5

Circuit training is a fast-paced class, do one exercise for 60 seconds and then move on to another exercise. This focuses on all major postural muscles and triggers a tabata-like effect activating both fast and slow twitch muscle fibers.

## CROSS TRAINING

### DIFFICULTY LEVEL: 3/5

Various kinds of training routines, designed to achieve a more rounded set of skills that your body can call on when needed. In this class we combine fitness exercises and jogging in an interval way for a unique workout experience in front of Lourdas Beach.

## HIP & THIGH TONE UP

### DIFFICULTY LEVEL: 2/5

This high-energy, lower-body focused session utilizes resistance bands to isolate and strengthen the glutes, hips, and thighs. By maintaining continuous tension throughout every movement, this class helps build lean muscle, improve joint stability, and enhance functional mobility.

## TOTAL BODY WORKOUT

### DIFFICULTY LEVEL: 2/5

This balanced session moves through a curated sequence targeting the legs, core, and upper body. We focus on moderate-repetition movements and light resistance to improve muscle tone, boost your metabolism, and enhance your overall posture.

\* = Classes with Extra Charge

# STRETCHING

## EVENING STRETCH & MOBILITY

DIFFICULTY LEVEL: 1/5

Relax your muscles, improve your flexibility and joint mobility through stretching movements for the upper and lower body.

## FULL BODY STRETCHING

DIFFICULTY LEVEL: 1/5

Focused on improving flexibility and mobility through gentle, controlled stretches. Participants learn to stretch muscles and joints in a way that promotes flexibility, reduces tension and improves posture.

The class includes a variety of techniques, such as static and dynamic stretching.

# MEDITATION

## AERIAL SOUND BATH

DIFFICULTY LEVEL: 1/5

Embark on a tranquil journey of relaxation. Immerse yourself in soothing sounds and gentle vibrations while nestled within the comfort of our aerial hammocks.

## MEDITATION & SOUND THERAPY

DIFFICULTY LEVEL: 1/5

A calming practice concentrated on cultivating inner harmony. Allowing in peaceful energy whilst quieting mental chatter, let go of anything that is not in an alignment, supporting this process with healing frequencies.