



Get sweating and fit with our personal trainer during this 45-minute session designed to help you get shredded, flexible, and as your best self by our team from Active!

Venue: Pump Studio
Date: 19th of September 2025

Venue: Pump Studio
Date: 21st of September 2025

Teen Kickboxing
Time: 9:15 am – 10:00 am

Beach Boot Camp
Time: 9:15 am – 10:00 am

Low Impact Aerobics
Time: 4:00 pm – 4:45 pm

Stick Mobility
Time: 4:00 pm – 4:45 pm

Morning Yoga Flow
Venue: Surf Shack Yoga Pavilion
Date: 19th to 21st of September 2025
Time: 8:00 am – 9:00 am

Join us for a complimentary group Yoga Flow session at the Surf Shack. This dynamic class incorporates energizing yoga-inspired stretches designed to awaken and revitalize your body for the day. The flowing sequence of asanas helps reduce stress and release stiffness, leaving you refreshed and centered.

Sunset Yoga
Venue: Surf Shack Yoga Pavilion
Date: 19th to 21st of September 2025
Time: 5:45 pm – 6:30 pm

Join us for a complimentary group of Sunset Yoga session at the Surf Shack. As the sun sets, embrace the serene atmosphere and reconnect with your inner peace through a gentle, guided yoga practice.

