

WELCOME TO SUN GARDENS DUBROVNIK

Dear Guests,

Thank you for staying at Sun Gardens Dubrovnik. Our main goal is to create memorable experiences combining sophistication, tradition and five-star service with the famous Croatian hospitality enhanced by our passionate team.

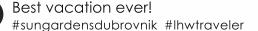
If there is anything we can assist you with during your stay, please do not hesitate to contact the Concierge, the Manager on Duty or myself.

I hope that your stay in our beautiful city will truly be an unforgettable one!

Christian Lars Krekević General Manager

SAY IT WITH A PICTURE









Embark on a new venture at Sun Gardens Dubrovnik and capture your special holiday moments! Share the spark with us using #sungardensdubrovnik and #lhwtraveler on Instagram, Facebook and Twitter. Get inspired and join our social media family - we would love to hear from you!













CONCIERGE RECOMMENDS

Let us help you plan your ideal vacation in and outside Sun Gardens Dubrovnik. Concierge Team is more than happy to assist you!





'ENTHUSIASM FOR INK WASH PAINTING'

As part of the Year of Culture and Tourism, a traveling exhibition entitled Enthusiasm for Ink Wash Painting opened at the Museum of Modern Art Dubrovnik (MOMAD). The exhibition is intended for diverse international audiences, who will get the chance to become acquainted with the centuries-old Chinese tradition.

Rosalina SIGNATURE COCKTAIL

Beefeater London Pink gin infused with sweet strawberry notes, perfectly accentuated by tart and sweet grenadine syrup, refreshing tonic and a hint of blood orange and lime slices. Flawlessly balanced, this is our absolute summer favourite.

REGO

If you are searching for a perfect token that will remind you of your time spent in the city visit the Rego store at the reception level. From traditional handmade ornaments to soaps of medicinal herbs from Croatian coast and islands, you will find the perfect gift to take home from Dubrovnik.

RESORT MAP



MAP LEGEND



24 HOURS IN...DUBROVNIK

For decades, Dubrovnik has attracted many visitors, who are delighted by its unique and authentic beauty. And, in case you have restricted time to spend in this Croatia's whitestone gem, we have prepared a 24-hour guide!

Rise early and enjoy the healthy breakfast with a view at the resort. Afterwards, take a shuttle boat and head to the Old City and admire the scenery from the sea! Feel the breeze in your hair while you make your way from Sun Gardens Marina to the Old City Harbour, with the wall stretching from Fort Bokar in the west to St. John Fortress in the south, and to the Revelin Fortress on the land-side. Wind your way through the cobbled side streets or stride along the main street, the Stradun, and sooner or later your path will lead you to one of the various squares in the Old City. A typical medieval city with large open spaces, needed for public and private business, the Old City is living proof of harmonious urban planning.

#1 STRADUN

Dubrovnik's most beautiful street is called Placa, but is better known as Stradun, the place that has always

been the natural centre of the town of Dubrovnik. It is located in the heart of the old town, and connects the eastern and western gates. It dates from the 11th century, when a sea canal was filled in, and its current Baroque appearance dates from the period following the great earthquake of 1667, when the street was completely renovated. Today, the Stradun is home to many art galleries featuring the words of well-known local artists, as well as souvenir shops and boutiques. The Stradun is 298 metres long, and although it can be easily walked in a 10-minute stroll, for local citizens it is the longest street in the world, where the evening stroll is a social tradition.

A definitive 'must' on any visit to Dubrovnik, the medieval city walls are best explored by taking the full, two-kilometre walk along the battlements. Featuring ever-changing views out to sea and over the Old Town, they offer excellent photo opportunities and beautiful views over the Adriatic. A good starting point is Placa - the main entrance to the walls just inside Pile Gate.

#2 CITY WALLS

One of Dubrovnik's greatest attractions are the city walls, which stretch over 1940 metres, in the shape of an irregular polygon. The structure consists of the main city wall, 16 towers, three fortresses, six bastions,



two corner fortifications, three fore-walls, three moats, two outer walls with breakwaters, and two drawbridges at the Pile and Ploce gates. In 1979, the Old City of Dubrovnik (which includes a large part of the ancient walls of the city) joined other world treasures on the UNESCO list of World Heritage Sites.

There are many legends about Dubrovnik, but one especially stands out. The island of Lokrum, Dubrovnik's green oasis, seems to float on the turquoise Adriatic Sea just a stone's throw from the historic Old City Walls. So don't miss to catch a boat from the Old City Gate and discover Lokrum Island.

#3 LOKRUM ISLAND

It looks tranquil and idyllic, a spot of peace, and for many centuries the citizens have used the island as their summer getaway. Visitors see rich Mediterranean vegetation, pine shaded pathways and crystal clear waters, to all the island echoes calm and harmony. One would think that nothing of any great interest has ever happened on Lokrum. Think again. Beneath the laid back feel the island has had a very eventful past.

The squares, plazas and open areas of the historic Old City core of Dubrovnik have always played an important part in the lives of the citizens.

#4 OLD CITY SQUARES <

One of the jewels in the crown of the Old City squares is the wide open Luža Square - the heart of the city. All of the most important buildings of the Republic of Dubrovnik surround the four sides of the square, the St. Blaise Church, the State treasury, the Palace of the Rector, the customs house and even the headquarters of the city guard. And located right in the middle of the square is the Orlando's column, a statute dedicated to the knight Roland and a statue that has been the centre of the society for centuries. The Gundulić Square is another jewel of the city - well-known as being the market place of



the city; in fact the square holds the oldest market in Dubrovnik, and it is still thriving today.

In the afternoon, discover incredible landmarks known worldwide and don't miss an unforgettable, most exciting and unusual locations! One of the is definitely Srd Mountain - A quick trip on the cable car to the top is well worth it for the view across the city.

#5 CABLE CAR

The best views of Dubrovnik and the surrounding area are, without doubt, experienced from the top of the Srd Hill. The Dubrovnik Cable Car was built back in 1969 and was enthusiastically used by millions of visitors who wanted to enjoy the most beautiful panoramic views. On a clear day, you can see up to 60 km (37 miles). For this reason the neighbouring Imperial Fortress was strategically built on this privileged spot, back in the early 19th century.

As the sun slowly sets on your 24 hours in Dubrovnik, head back to the resort: treat yourself with a massage at our Spa Centre, enjoy dinner at one of our restaurants and then take shuttle bus to discover Old City unique atmosphere at night. Sit a while, enjoy the view, people watch, have a cold drink... and immerse yourself in the city's centuries-old legacy.



SUN GARDENS TREASURES INSTAGRAM CHALLENGE

Share your favourite spot(s) around Dubrovnik by taking a picture and posting it on your Instagram profile using #SunGardensTreasures. Best entries will win a prize during the stay at Sun Gardens Dubrovnik! Don't be afraid to walk off the beaten path! For more information about this challenge send us PM on our Instagram account @sun_gardens_dubrovnik.



sun_gardens_dubrovnik



@SunGardensDBK



@SunGardensDbk

SPORTS ACADEMY FOR CHILDREN 7 – 15

Join us for the ultimate summer fun and book your place today!

Football Academy

In a fun and safe environment junior footballers have an opportunity to learn and play with our experienced coaches who will provide them with all technical knowledge, as well as a sense of hard work and team play.

Tennis Academy

Croatia has a proud and successful tennis tradition for such a small country and remains a popular sport here. The Sun Gardens Dubrovnik Tennis Academy is an excellent opportunity for children to develop their skills and learn from our expert and experienced coaches.

Basketball Academy

This Academy is a great option for boys and girls who want to learn the fundamentals of basketball or enhance their existing basketball skills. Dedicated trainers will not only provide instructions and inspiration, but also plenty of opportunity for socialising with peers and having fun.

Swimming and Water Polo Academy

In Dubrovnik, water polo has always been more than a sport. It is a way of life. This academy provides a great opportunity for children to improve swimming techniques and learn the basics of this popular local sport. All participants of this Academy must have at least basic swimming skills.





Sports Camp

If you want your children experience it all, our Sports Camp will offer the best of football, basketball, tennis, swimming and water polo. Through an inspiring and safe environment, children will try a new sport, learn new skills, meet new friends and have fun during their summer holidays.

Training sessions take place Monday to Friday, while the final match will be held on Saturday, followed by diplomas and medals. Nike gift package included in the rate! For more information and reservations please visit Sports Centre or call 3731 from your room.

MARCO POLO KIDS CLUB

Parents can indulge by the pools, relax at the Spa or have a game of tennis, while children are taken care of by professionals in Marco Polo Kids Club. The Marco Polo Mini Club is designed for children from three to six years while the Marco Polo Junior Club is created for children from seven to ten. The morning session (10 am to noon) and afternoon session (3 pm to 5 pm) are complimentary. Upon advanced request we will arrange babysitting services to take care of the little ones so you can truly unwind.

For more information about the Kids Club please contact our staff by calling Ext. 1897 from your room or + 385 99 2561 226. Our childcare services are very popular so we strongly advise pre-booking your childcare requirements.

THE ULTIMATE POOL & BEACH PACKING LIST

From the adults-only Marina Pool to the exclusive VIP Beach, Sun Gardens Dubrovnik is an ideal setting to unwind in the Croatian sun. So before you go to the beach, make a list, check it twice, and live seaside day like it's your last!

Good Sunscreen

You may already know how important it is to wear sunscreen daily to block the rays and protect your skin, but don't forget that food and supplements can also help increase the skin's resiliency to the sun. Minimize sun exposure between 10 a.m. and 4 p.m., reapply sunscreen after swimming and don't forget to have fun!

Sunglasses

Now this may seem like a no-brainer, but to those who don't wear sunglasses regularly, you may forget this handy little item. To keep your eye area safe choose sunglasses with polarised lens.

Hair cover up

Protecting your face and body is crucial, but exposure to the sun's rays without protection can quickly cause serious damage to your hair as well. Cover up your hair with a hat and use protective hair oil spray for full and vibrant hair even after the holiday.

Underwater digital camera

A waterproof camera will immortalize your beach and underwater memories! Share yours with #sungardensdubrovnik.





Favourite read

If there's anything that could rival the bliss of getting completely lost in a book, it's doing so while lounging on beach. Bring something from your reading bucket list, or if you just want to relax, favourite magazine.

Beach shoes

Flip-flops or other beach shoes are recommended for that transition from the pebbles towards that watery abyss. Bring them and you won't regret it.

In case you forgot some of the essentials, you can always visit our shopping promenade, just a few minutes from the reception. In a number of stores, you can find everything you may need for a carefree vacation – from famous fashion brands and accessories, favourite cosmetics and supplies, colourful and original gift ideas to groceries.

ROSETTA HEALTH & BEAUTY PHARMACY

A wide range of quality products from beauty care to health, vitamins, supplements and baby products can be found in our Rosetta Health & Beauty pharmacy. To ensure you're ready for sunny days at the beach, this week we prepared up to **50% discount on Futti shoes and sunglasses**. For more information, consult our pharmacists at Rosetta Health & Beauty pharmacy.

Happy Week

RENT A BOAT
WITH

10 % DISCOUNT





SPA TREATMENTS EVERYONE SHOULD INDULGE IN

Kick back and relax at our Spa Centre to enhance your well-being with a specific focus on our specialist spa including weight-loss, fitness, detox and ultimate luxury treatments.

Complement your holidays with daily visit to our Sports Centre and experience classes, such as yoga, together with healthy Mediterranean cuisine at one of our restaurants.

Authentic hands-on techniques, coupled with the potent natural formulations of the products, restore vitality and health to the skin, body and mind, delivering visible results. Pamper yourself with spa facial rituals, nurturing body treatments or soothing body massages designed to suit your individual needs.

There's nothing we love more than a good spa treatment especially during vacation when we want to look our best from head to toe. And what time could be better than holidays to take care of yourself and get things back on track. If you feel the same continue reading – we've prepared a list of spa treatments at our Spa Centre designed to make you look and feel better.

Natural skin regeneration & BB glow treatments

Discover Natural skin regeneration with 99.9% pure gold, peptides and various plant extract boosters to hydrate your skin and to reduce wrinkles or BB Glow treatment that evens out imperfections and discolorations leaving your skin tone with immediate coverage and long-lasting beauty without overstimulating the skin.

Body and facial sensation

Exclusive to Sun Gardens Dubrovnik, don' miss your chance for the ultimate relaxation. Designed to meet your individual beauty needs, this luxurious treatment combines relaxing massage with aromatherapy oils and hydrating boost for your face. This powerful treatment will hydrate and enrich the skin to the deepest level, delivering impressive results that last long after you leave our spa.

Mani-Pedi

Manicures and pedicures are a great way to feel pampered, however their benefits go much beyond that. According to experts it keeps your nails healthy, stimulates blood circulation, exfoliates dead cells and ensures soft and smooth skin. Sounds great to us!

Spa magnesium massage

Our signature healing treatment, the Spa Magnesium massage, is an energetic massage with the addition of pure marine magnesium that penetrates deep into the skin and muscles. The health benefits of magnesium are multiple: it increases energy, calms nerves and anxiety, helps with digestion, relieves muscle aches and regulates levels of calcium, potassium and sodium.

For more information and reservations, please visit the Spa Centre or call 3720 from your room.



ACTIVE RELAXATION

In these modern times making time for you can be a challenge. Work obligations, family and the rush of daily life means finding time to dedicate to your wellbeing is harder than ever before. That's why holiday is a perfect time to take care of yourself and get things back on track.

The very idea of "active relaxation" might seem a contradiction in terms, it could be exactly what you need. A combination of a Mediterranean climate, a high quality of cuisine using locally grown produce and a relaxed pace of life has made Dubrovnik a magnet for people looking to recuperate. Extensive recreation facilities at our Sport's Centre are the ideal location to practice "active relaxation." A well-equipped gym, wall climbing, squash, badminton, tennis, football pitches and a sports bar, our sport's centre has something for everyone.



BIKE TOUR ORAŠAC

Physical activity is good for both your body and mind, but first and foremost, it presents an ideal opportunity to have fun during the holiday. Explore nearby villages Orašac and Trsteno with a professional guide and experience our picturesque countryside by bike. It is an unforgettable scenic biking trail allowing you to enjoy spectacular panoramic sea views. Tours are available upon request and cost 150 HRK (20 EUR) per person for 90 minutes.

TENNIS

Tennis is an excellent way to spend your afternoon whether you are looking for a workout or some quality time with your family and friends. Our three clay tennis courts are available for 100 HRK (14 EUR) per hour including tennis rackets and balls.

If you need some assistance, want to refine your swings, fine-tune your serves or advance your skills, train with our professional tennis instructors for an additional hourly charge of 400 HRK (54 EUR).

PERSONAL TRAINER

If you are hoping to achieve your fitness goals and you feel that now is the right time to do so, Sun Gardens Dubrovnik might just be the right place for you. A personalized workout, whether it's one on one at the gym, Pilates or functional training, will enable you to keep your motivation high and perform exercises in the proper way.

Book your session with private trainers for 200 HRK per hour.







POWER PLATE

Enrich your traditional exercises with Power Plate, a machine that gives the body's muscles a high-speed workout by using vibrations to stimulate them to contract and relax. It improves your strength and flexibility, helps you lose weight and you will recover faster. Discover dynamic workout with Power Plate one session with private trainer is 200 HRK.



TRADITIONAL FOOD IN DUBROVNIK

Dalmatian cuisine is one of the healthiest in the world, so much so in fact that its

Mediterranean diet was inscribed as intangible

UNESCO heritage back in 2013.

The basic concepts are very simple: the freshest, seasonal local ingredients, which ensure that different specialities occur at different types of the year; simple recipes; and traditional home cooking, with those simple recipes passed down from generation to generation. Given its proximity to the sea, it is perhaps no surprise that seafood dominates many menus in Dubrovnik, and the simple grilled fish, covered in local olive oil and served with simple vegetables, is a regional classic, and one of the most popular dishes for tourists. It is said in these parts that a fish swims three times in its life – firstly in the sea before it is caught, then in olive oil during preparation, and finally in excellent local wine as the meal is consumed and enjoyed.

As the freshness of ingredients plays a major factor in authentic Dalmatian cooking, the availability of local produce has a key role to play, and if you arrive at the right time of year, Dalmatian cuisine can be even more sensational.

For the traditional Dalmatian vegetable, none is arguably more important than blitva, which translates as mangold, or Swiss chard. Healthy, flavoursome and available most of the year, a side dish of blitva, mixed with potatoes, garlic and olive oil is a perfect accompaniment to many a Dalmatian main course of meat or fish.

Travel slightly north of Dubrovnik to the walled town of Ston for some of the best oysters in Europe, but perhaps the most popular fish salad involves the octopus. Simple pieces of cooked octopus, served cold, in a salad of olives, tomato, onion, parsley and the ubiquitous olive oil – delicious. And if you are going to try a risotto on holiday, don't miss the famous black risotto, which gets its distinctive taste from the ink of the cuttlefish.

Meat lovers will also be in heaven. From the classic mixed grill dishes to veal, lamb and chicken served 'under the bell' (slow cooked with potatoes and vegetables, known as peka), and the slow-cooked Pašticada with gnocchi is also a firm favourite. Here the meat is slowly cooked for hours in a thick sauce until it is very tender, and it is served with the sauce featuring the juices of the meat, which is mopped up by home-made gnocchi.

Dubrovnik is a gourmet paradise, a combination of extremely healthy good, excellent traditional recipes and a passion for the freshest local produce. A true voyage of discovery awaits. Dobar Tek!



HOT RIGHT NOW - BARS & RESTAURANTS

Explore the dining options at Sun Gardens Dubrovnik, located in a chic surroundings with breath-taking sea views, serving traditional dishes, highest quality meats and representing Croatian rich wine culture.

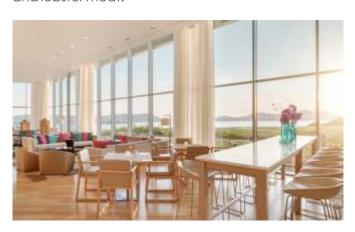
CILANTRO

Inspired by a desire to explore the Mediterranean region, the Cilantro restaurant is a diner's gem that you mustn't miss. As the Adriatic Sea whispers on the shore, experience mouth-watering aromas. Dish like Beetroot Marinated Salmon, that balances a stunning contrast between the delicate salmon and earthy beetroot, should be on your must-try list.



THE MARKET

The Market Restaurant is a perfect choice for a locally inspired evening meal featuring fresh seafood specialities and an amazing panoramic view over the crystal clear Adriatic Sea from its welcoming terrace. Match one of these great dishes with a bottle of fine local wine and you have an authentic experience in a truly unique Dalmatian atmosphere. Our chef recommends the pure traditional delicacy – Local Zaton Fish Pot (for two). As an ode to the Mediterranean, the chef de cuisine expertly blends octopus tentacles, clams, prawns and lobster meat.





LA PASTA

Take a culinary journey at La Pasta, a modern restaurant specializing in fresh and simple Italian cuisine. If you are looking for a recommendation make sure to try Pappardelle with prawns. This delicious and rich in flavour dish is served with velvety sauce infused with white wine, chili, garlic and parmesan cheese. Far from ordinary, at La Pasta you will experience the fresh pasta, freshly made pizza and salads all served against the backdrop of innovative décor in woody surroundings. The secret of our pizzas? An open kitchen with an oven exclusively for baking pizzas offers diners a wonderful dining experience.



MARASKA LOUNGE BAR

The Maraska Lounge Bar is known for its modern ambiance, signature cocktails and spectacular views over the sea and the Elaphite islands. Don't miss your chance to relish good atmosphere savouring signature cocktails. Choose from an irresistible selection of drinks, including signature cocktails such as flawlessly balanced Rosalina, fresh Soderini, luxurious Ruby Tonic and our all-time favourite Mare Nostrum. In addition to dining and great views, enjoy easy listening live music on Saturday evening.

WEATHER FORECAST Sep 14 - Sep 20













22°C LO 19°C LO 18°C LO 18°C LO

INFO

Reservations: **3**215

GETTING OUT & ABOUT



DUBROVNIK BY BUS

ONE-WAY TICKET: 50 HRK RETURN TICKET: 90 HRK

SUN GARDENS RESORT-OLD TOWN DUBROVNIK

10.00/11.30/13.00/17.00/18.30/20.00/21.30

OLD TOWN DUBROVNIK-SUN GARDENS RESORT 12.15/13.45/17.45/19.15/20.45/22.00



DUBROVNIK BY BOAT*

ONE-WAY TICKET: 100 HRK RETURN TICKET: 150 HRK

SUN GARDENS MARINA-OLD TOWN DUBROVNIK

OLD TOWN DUBROVNIK-SUN GARDENS MARINA 15.30



BOAT RIDE TO LOPUD*

RETURN TICKET: 150 HRK

SUN GARDENS MARINA-LOPUD ISLAND

Tuesday, Thursday & Sunday: 10.00

LOPUD ISLAND-SUN GARDENS MARINA

Tuesday, Thursday & Sunday: 16.45



BOAT RIDE TO LOKRUM*

RETURN TICKET: 200 HRK

SUN GARDENS MARINA-LOKRUM ISLAND

Wednesday & Friday: 11.00

LOKRUM ISLAND-SUN GARDENS MARINA

Wednesday & Friday: 15.45

CHILDREN

0-12 years 50% off

KORKYRA TRAVEL AGENCY

Opening hours from 8.00 to 22.00 **Ext. 3950** Advance reservations are required as number of seats is limited.

Please note that boat transfers are subject to weather conditions.

Prices are in HRK per person.

OPENING HOURS OF RESORT FACILITIES

BARS & RESTAURANTS

Origano Restaurant	7.00 - 10.30 / 19.00 - 22.00*
Rooftop Breakfast	8.00 - 11.00
The Market Breakfast (Until September 16)	7.00 - 10.30
The Market Dinner	19.00 - 23.00
La Pasta	12.00 - 23.00
Cilantro lunch	12.00 - 16.00
Cilantro dinner	19.00 - 23.00
La Patisserie (Sandwich bar 12.00 - 17.00)	10.00 - 22.00
Room Service	7.00 - 24.00
Maraska Lobby Bar (Food served from 10.30 - 2	23.00) 8.00 - 24.00
Lemonia Pool Bar	10.00 - 18.00
Sunset Pool Bar (On Sept 16 until 17.00)	10.00 - 18.00
Marina Pool Bar	10.00 - 18.00
Beach Bar	10.00 - 18.00
*/Closed for dinner on Sept 17)	

^{*(}Closed for dinner on Sept 17)

SPA, SPORTS & SHOPPING

Spa Centre (2 3720)	7.00 - 21.00
Sports Centre (23731)	7.00 - 22.00
Rosetta Grocery Store	8.00 - 20.00
Rosetta Health & Beauty (Closed on Wedne	esday) 8.00 - 20.00
Rosetta Surf & Fun	10.00 - 18.00
Phisical Therapy (Closed on Sunday)	9.00 - 12.00 / 16.00 - 20.00
L&P Hair & Make-up Salon (Sat 8.00 - 20.00,	Sundays closed) 10.00 - 20.00
Concierge (23566)	7.00 - 23.00

OPENING TIMES OF RESORT FACILITIES MAY BE SUBJECT TO CHANGE. WE ADVISE TO DOUBLE-CHECK WITH CONCIERGE PRIOR TO MAKING A RESERVATION. LEISURE ACTIVITIES ARE AT THE SPORTS CENTRE, UNLESS SPECIFIED OTHERWISE. PROGRAMME FOR LEISURE ACTIVITIES IS VALID FROM SEPTEMBER 16.

	SAT	SUN	LEI MON	SURE ACTIVITIES TUE	WED	THU	FRI
MORNING	37.1		YOGA 8.00 (14+ YRS)	YOGA 8.00 (14+ YRS)	YOGA 8.00 (14+ YRS)	YOGA 8.00 (14+ YRS)	YOGA 8.00 (14+ YRS)
W	SQUASH (COME & PLAY) 0 15.00 (14+ YRS)	VOLLEYBALL (COME & PLAY) 15.00 (14+ YRS)	TABLE TENNIS (COME & PLAY) 15.00 (14+ YRS)	BADMINTON (COME & PLAY) 15.00 (14+ YRS)	VOLLEYBALL (COME & PLAY) 15.00 (14+ YRS)	BASKETBALL (COME & PLAY) 15.00 (14+ YRS)	TABLE TENNIS (COME & PLAY) 15.00 (14+ YRS)
NO			BODYWEIGHT WORKOUT 17.00 (14+ YRS)	TOTAL BODY SURPRISE 17.00 (14+ YRS)	BODYWEIGHT WORKOUT 17.00 (14+ YRS)	TOTAL BODY SURPRISE 17.00 (14+ YRS)	BODYWEIGHT WORKOUT 17.00 (14+ YRS)
AFTERNOON	5A SIDE FOOTBALL (COME & PLAY) 17.00	5A SIDE FOOTBALL (COME & PLAY) 17.00	5A SIDE FOOTBALL (COME & PLAY) 17.00	5A SIDE FOOTBALL (COME & PLAY) 17.00	5A SIDE FOOTBALL (COME & PLAY) 17.00	5A SIDE FOOTBALL (COME & PLAY) 17.00	5A SIDE FOOTBALL (COME & PLAY) 17.00
			FUNCTIONAL TRAINING 19.00 (14+ YRS)	FUNCTIONAL TRAINING 19.00 (14+ YRS)	FUNCTIONAL TRAINING 19.00 (14+ YRS)	FUNCTIONAL TRAINING 19.00 (14+ YRS)	FUNCTIONAL TRAINING 19.00 (14+ YRS)
			PILATES 20.00 (14+ YRS)	PILATES 20.00 (14+ YRS)	PILATES 20.00 (14+ YRS)	PILATES 20.00 (14+ YRS)	PILATES 20.00 (14+ YRS)

^{*} A minimum of 6 pax