

COOK'S CLUB EL GOUNA PRESENTS

# WEEKLY PLEASURES



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Early Morning</b>	 Morning Run 08:00 AM	 Power Yoga 08:00AM	 Pilates & Yoga Fusion 08:00 AM	 Relaxing Hatha Yoga 08:00 AM	 Morning Cycle 08:00 AM	 Relaxing Hatha Yoga 11:00 AM	 Meditation 09:00 AM
<b>Morning</b>	 Fitness 09:00 AM	 Morning Swim 09:30 AM	 Morning Tennis 09:00 AM	 Fitness 09:00 AM	 Pool Vibes	 Fitness 12:00 PM	 Fitness 12:00 PM
<b>Early Afternoon</b>	 Food Workshop 02:00 PM	 Let's Get Adventurous	 Mixology Class 02:00 AM	 Pool Vibes	 Pool Vibes	 Pool Vibes	 Lagoon Tour
<b>Afternoon</b>	 Pool Vibes	 Let's Get Adventurous	 Pool Vibes	 Hurghada City Tour	 Pool Vibes	 Pool Vibes	 Lagoon Tour
<b>Evening</b>	 R&B Night	 Let's Go Out	 Jam Night	 Hurghada City Tour	 Let's Party	 Let's Go Out	 Back To The 90's

 Get active  Get in the mood  Get involved  Local legends  Have Fun

