



c o c o b a y

Island Style Fitness

#CocobayWellness #CocobayFitness

Cocobay Pilates

Monday at 7:00 a.m.

Meet at Reception

Cocobay Personal Fitness

Tuesday & Thursday at 8:00 a.m.

Meet at Reception

Fitness Session on the beach

Aerobics, Circuit Training, Weight Training.

Cocobay Yoga

Wednesday & Friday at 7:00 a.m.

Meet at Reception

You're on holiday but, still why not have a healthy start to your Cocobay day !!
Arrange with Concierge in the evenings prior your session by 8:00 p.m.
Private sessions are also available at a supplement.