



FEEL GOOD & LOOK BETTER

OUR GYM ACTIVITY

Stretching Training	09:15 - 10:00	Monday, Wednesday, Friday and Sunday
Cardio Training	09:15 - 10:15	Tuesday and Thursday
Aqua-gym	11:30 - 12:15	Everyday
Interval Training	13:30 - 14:05	Everyday
Cross Fit Training	17:15 - 18:00	Tuesday and Friday
Abdominal Training	17:15 - 18:00	Monday and Saturday
Keep fit	08:00 - 09:00	Sunday

We all know exercise helps to boost your self-esteem, mood, sleep quality and energy but we know it's not always the first you choose to do.

At InterContinental Mauritius Resort BalACLava Fort we have therefore created a special offer just to help you.

Gym available 24 hours upon request, but instructor from 08:00 to 20:00.

For Booking contact our concierge.