

FEB
10
SATURDAY

●○○○
MODERATE



SLEEPING WARRIOR

Syosambu Location (Elementaita)

- Hiking and trekking
- Ground activities

Requirements	Charges
-Transport	TBA
-Lunch	

APR
11-13
THURSDAY – SATURDAY

●○○○
EASY



A MAISHA BOOTCAMP

Amboseli Serena

- Variety of ground activities including; HIIT exercises, Swimming challenge, Body conditioning
- Game drives, Boot camp activities

Requirements	Charges
-Full board Accommodation	TBA (Lipa pole pole window)

JUN
08
SATURDAY

●○○○
MODERATE



A MAISHA CHALLENGE

Nairobi Serena Hotel

- Varieties of activities
- Aqua, dance, aerobics, spin session

Requirements	Charges
- Refreshments	NIL

AUG
10
SATURDAY

●○○○
MODERATE



MT. KIPIPIRI

Aberdare

- Hiking and trekking
- Ground activities

Requirements	Charges
-Transport	TBA
-Lunch	

OCT
05
SATURDAY

●●●○
HARD



THE SEVEN PONDS

Aberdare

- Hiking, Ground activities

Requirements	Charges
-Transport, Lunch	TBA

Standard Chartered Nairobi Marathon

Requirements	Date/Charges
- Jog / run / walk	TBA

DEC
07
SATURDAY

●○○○
EASY



MAISHA OUTDOOR

Nairobi Serena Hotel (End of year activity)

- Spin, dance, aerobics
- Various activities

Requirements	Charges
- Refreshments	NIL

Gym schedule activities continue from
Mondays to Saturdays

We endeavour to provide excellent professional services in a bliss environment!

