

Monday

Studio 1

09:30 - 10:30 **BODYPUMP™**
10:45 - 11:30 **BODYATTACK™**
11:30 - 12:15 **Step & Tone**
18:00 - 19:00 **Circuits**
19:00 - 20:00 **BODYCOMBAT™**

Studio 2

08:30 - 09:30 **Pilates**
09:30 - 10:30 **Pilates Intermediates**
10:30 - 11:30 **Pilates Beginners**
11:45 - 12:45 **Yoga Beginners**
13:00 - 14:00 **Yoga**
18:30 - 20:00 **Vinyasa Yoga**

Spin Studio

08:45 - 09:25 **Spinning**
09:30 - 10:15 **Spinning**
10:45 - 11:30 **Spinning**
18:00 - 18:45 **Spinning**

Tennis

10:00 - 12:00 **Social Tennis**
19:30 - 20:30 **Social Tennis**

Gym

07:00 - 07:30 **Rig Fit**
10:00 - 10:30 **Rig Fit**

Pool

10:45 - 11:30 **Aqua**
11:45 - 12:30 **Aqua**

Tuesday

Studio 1

09:00 - 09:30 **Meta Fit**
09:30 - 10:00 **Ab Attack**
10:00 - 11:00 **Legs Bums & Tums**
11:15 - 12:00 **Zumba**
18:00 - 19:00 **BODYATTACK™**
19:00 - 19:45 **Body Pump Express**

Studio 2

10:00 - 11:30 **Vinyasa Yoga**
13:00 - 14:00 **Yoga**
18:00 - 19:00 **Pilates Beg/Inter**
19:00 - 20:00 **Pilates Advanced**

Spin Studio

18:00 - 19:00 **Spinning**

Tennis

10:00 - 11:00 **Beginners Coaching**
11:00 - 12:00 **Intermediates Coaching**

Gym

07:00 - 07:30 **Rig Fit**
10:00 - 10:30 **Rig Fit**

Pool

10:00 - 11:00 **Aqua**

Wednesday

Studio 1

10:45 - 11:30 **Body Pump Express**
18:00 - 19:00 **Circuits**

Studio 2

09:30 - 10:30 **Pilates Intermediates**
10:30 - 11:30 **Intro to Pilates**
12:00 - 13:00 **Yoga**
18:00 - 19:00 **Body Balance**

Spin Studio

18:00 - 19:00 **Spinning**
19:00 - 20:00 **Spinning**

Tennis

10:00 - 12:00 **Social Tennis**

Gym

07:00 - 07:30 **Rig Fit**
10:00 - 10:30 **Rig Fit**

Pool

09:30 - 10:30 **Aqua**

Thursday

Studio 1

09:30 - 10:30 **Step & Tone**
10:45 - 11:30 **Zumba**
18:00 - 18:45 **BODYATTACK™**
19:00 - 20:00 **BODYPUMP™**

Studio 2

08:30 - 09:30 **Pilates**
09:30 - 10:30 **Pilates Intermediates**
10:45 - 11:30 **Core Conditioning**
11:45 - 12:45 **BODYBALANCE™**
12:45 - 13:45 **Pilates**
14:00 - 15:00 **Yoga Beginners**
18:30 - 19:30 **Pilates**
20:00 - 21:30 **Krama Yoga**

Spin Studio

06:30 - 07:15 **Spinning**
10:45 - 11:45 **Spinning**

Tennis

10:00 - 11:00 **Tennis Skills & Drills**

Gym

07:00 - 07:30 **Rig Fit**
10:00 - 10:30 **Rig Fit**

Pool

10:45 - 11:30 **Aqua**

Friday

Studio 1

09:30 - 10:30 **BODYPUMP™**
10:45 - 11:45 **BODYATTACK™**
12:00 - 13:00 **BODYBALANCE™**
13:30 - 14:30 **Pilates Intermediates**
14:30 - 15:30 **Pilates**

Studio 2

08:30 - 09:30 **Pilates**
09:30 - 10:30 **Pilates Intermediates**
10:45 - 12:15 **Yoga The Beginners Way**
12:15 - 13:45 **Beginners Ashtanga Yoga**

Spin Studio

08:45 - 09:25 **Spinning**
10:45 - 11:30 **Spinning**
11:30 - 12:00 **Spinning**
17:15 - 18:00 **Spinning**
18:00 - 19:00 **Spinning**

Tennis

11:00 - 12:00 **Beginners Social Tennis**

Gym

07:00 - 07:30 **Rig Fit**
10:00 - 10:30 **Rig Fit**

Pool

10:45 - 11:45 **Aqua**

Saturday

Studio 1

08:00 - 09:00 **Boot Camp**
11:00 - 12:00 **Body Pump**

Studio 2

08:30 - 09:15 **Power Pilates**
09:30 - 10:30 **BODYBALANCE™**
16:00 - 17:30 **Yoga**

Spin Studio

10:00 - 10:45 **Spinning**

Gym

10:30 - 11:00 **Rig Fit**

Sunday

Studio 1

10:00 - 11:00 **BODYATTACK™**
11:00 - 12:00 **BODYPUMP™**

Studio 2

09:00 - 10:30 **Dynamic Hatha Yoga**
10:30 - 12:00 **Dynamic Hatha Yoga**

Spin Studio

09:00 - 09:45 **Spinning**
11:00 - 12:00 **Spinning**



**Tracking your workout effort
just became effortless.**

Buy at reception now.