

**Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

**Studio 1**  
09:30 - 10:30 **BODYPUMP™**  
11:30 - 12:15 **BODYCOMBAT™**  
12:15 - 13:00 **BODYPUMP™**  
18:30 - 19:30 **BODYPUMP™**  
19:30 - 20:30 **BODYATTACK™**

**Studio 2**  
09:30 - 10:15 **Clubbercise**  
10:30 - 11:25 **Pilates**  
11:30 - 12:30 **Pilates**  
12:45 - 14:00 **Yoga**  
18:45 - 19:15 **Tabata**  
19:30 - 20:15 **Pilates**  
20:15 - 21:15 **BODYBALANCE™**

**Cycling Studio**  
06:45 - 07:30 **Spin**  
09:30 - 10:15 **Spin**  
18:15 - 19:00 **Les Mills Virtual RPM™**  
19:30 - 20:15 **Spin**

**Pool**  
10:35 - 11:20 **Aqua Aerobics**

**Studio 1**  
09:30 - 10:30 **Fight Klub**  
10:30 - 11:30 **Totally Shredded**  
17:45 - 18:30 **BODYPUMP™**  
19:15 - 20:15 **Fight Klub**

**Studio 2**  
10:30 - 11:30 **BODYBALANCE™**  
11:30 - 12:30 **Pilates**  
20:15 - 21:30 **Yoga**

**Cycling Studio**  
06:45 - 07:30 **Spin**  
09:30 - 10:15 **Spin**  
19:00 - 19:45 **Spin**  
19:45 - 20:30 **Spin**

**Pool**  
11:00 - 11:40 **Aqua Aerobics**

**Studio 1**  
09:30 - 10:30 **BODYPUMP™**  
10:30 - 11:15 **Body Conditioning**  
18:30 - 19:30 **BODYATTACK™**  
19:30 - 20:30 **BODYPUMP™**

**Studio 2**  
09:15 - 10:00 **Barre Conditioning**  
10:30 - 11:30 **Pilates**  
11:30 - 12:45 **Yoga**  
18:30 - 19:30 **BODYBALANCE™**  
19:30 - 20:30 **Pilates**

**Cycling Studio**  
06:45 - 07:30 **Spin**  
09:30 - 10:15 **Spin**  
19:00 - 19:45 **Spin**

**Pool**  
09:30 - 10:15 **Aqua Aerobics**

**Studio 1**  
06:30 - 07:30 **Circuits**  
09:30 - 10:30 **Fight Klub**  
10:30 - 11:30 **Battlebells**  
11:30 - 12:30 **BODYPUMP™**  
18:30 - 19:15 **Zumba**  
19:30 - 20:30 **Fight Klub**

**Studio 2**  
09:15 - 10:00 **Pilates**  
10:45 - 11:45 **Pilates**  
18:30 - 19:30 **Yoga**

**Cycling Studio**  
06:15 - 06:45 **Spin**  
09:30 - 10:30 **Spin**  
18:15 - 19:00 **Spin**  
19:15 - 20:00 **Spin**

**Pool**  
11:00 - 11:45 **Aqua Aerobics**

**Studio 1**  
09:30 - 10:30 **BODYPUMP™**  
10:45 - 11:15 **Tabata**  
19:00 - 20:00 **Circuits**

**Studio 2**  
09:30 - 10:15 **Barre Conditioning**  
10:30 - 11:30 **BODYBALANCE™**  
11:30 - 12:45 **Yoga**  
13:30 - 14:30 **Pilates**

**Cycling Studio**  
06:45 - 07:30 **Spin**  
09:30 - 10:15 **Spin**  
10:30 - 11:15 **Spin**

**Pool**  
10:30 - 11:15 **Aqua Aerobics**

**Studio 1**  
09:00 - 09:45 **BODYATTACK™**  
10:00 - 11:00 **BODYPUMP™**  
11:15 - 12:00 **Zumba**

**Studio 2**  
11:00 - 12:00 **BODYBALANCE™**

**Cycling Studio**  
08:30 - 09:15 **Spin**  
09:30 - 10:15 **Spin**

**Sunday**

**Studio 1**  
09:00 - 10:00 **Circuits**  
11:00 - 12:00 **BODYBALANCE™**

**Studio 2**  
09:30 - 10:45 **Yoga**

**Cycling Studio**  
09:30 - 10:30 **Spin**



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

Buy at reception now.