

Monday

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 **BODYCOMBAT™**

Studio 2

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

Cycling

09:30 - 10:15 **Group Cycle**
10:30 - 11:15 **Group Cycle**
18:30 - 19:15 **Group Cycle**

Pool

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

Tuesday

Studio 1

09:30 - 10:30 **Fight Klub**
11:30 - 12:00 **BODYCONDITIONING™**
17:45 - 18:30 **BODYPUMP™**
19:15 - 20:15 **Circuits**

Studio 2

09:30 - 10:30 **Dance Moves**
10:30 - 11:30 **BODYBALANCE™**
11:30 - 12:30 **Pilates**
20:15 - 21:30 **Yoga**

Cycling

06:45 - 07:30 **Group Cycle**
08:30 - 09:15 **Group Cycle**
09:30 - 10:15 **Group Cycle**
10:30 - 11:15 **Group Cycle**
19:00 - 19:45 **Group Cycle**
19:45 - 20:30 **Group Cycle**

Pool

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

Wednesday

Studio 1

09:30 - 10:30 **BODYPUMP™**
10:30 - 11:15 **BODYCONDITIONING™**
18:30 - 19:30 **BODYATTACK™**
19:30 - 20:30 **Fight Klub**

Studio 2

09:30 - 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

09:30 - 10:15 **Group Cycle**
18:45 - 19:30 **Group Cycle**

Pool

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

Thursday

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**
19:15 - 20:15 **BODYPUMP™**

Studio 2

10:45 - 11:45 **Pilates**
18:30 - 19:30 **Yoga**

Cycling

09:30 - 10:15 **Group Cycle**
10:30 - 11:15 **Group Cycle**
18:15 - 19:00 **Group Cycle**
19:15 - 20:00 **Group Cycle**

Pool

09:15 - 10:00 **Aqua Aerobics**

Friday

Studio 1

09:30 - 10:30 **BODYPUMP™**
10:45 - 11:15 **Tabata**

Studio 2

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

Cycling

08:00 - 08:45 **Group Cycle**
09:30 - 10:15 **Group Cycle**
10:30 - 11:15 **Group Cycle**

Pool

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

Saturday

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

08:30 - 09:15 **Group Cycle**
09:30 - 10:15 **Group Cycle**

Sunday

Studio 1

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

Studio 2

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

Cycling

09:30 - 10:30 **Group Cycle**
10:45 - 11:30 **Group Cycle**



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

Buy at reception now.