

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Studio 1</b> 09:30 - 10:30 <b>BODYPUMP™</b> 10:45 - 11:30 <b>BODYATTACK EXPRESS™</b> 11:30 - 12:30 <b>Step &amp; Tone</b> 18:00 - 19:00 <b>Circuits</b> 19:00 - 20:00 <b>BODYCOMBAT™</b></p> <p><b>Studio 2</b> 08:30 - 09:30 <b>Pilates</b> 09:30 - 10:30 <b>Pilates Intermediates</b> 10:30 - 11:30 <b>Pilates Beginners</b> 11:45 - 12:45 <b>Yoga Beginners</b> 13:00 - 14:00 <b>Yoga</b> 18:30 - 20:00 <b>Vinyasa Yoga</b></p> <p><b>Cycling Studio</b> 08:45 - 09:25 <b>Group Cycle</b> 10:45 - 11:30 <b>Group Cycle</b> 18:00 - 18:45 <b>Group Cycle</b></p> <p><b>Pool</b> 10:45 - 11:30 <b>Aqua</b> 11:45 - 12:30 <b>Aqua</b></p> <p><b>Gym</b> 07:00 - 07:30 <b>B:Core-fit</b> 10:00 - 10:30 <b>B:Strong</b> 17:30 - 18:00 <b>B:Strong</b> 18:00 - 18:30 <b>B:Conditioned</b></p> <p><b>Tennis</b> 10:00 - 12:00 <b>Social Tennis</b> 19:30 - 20:30 <b>Social Tennis</b></p>	<p><b>Studio 1</b> 09:00 - 09:30 <b>Metafit</b> 09:30 - 10:00 <b>Ab Attack</b> 10:00 - 11:00 <b>Legs Bums &amp; Turns</b> 11:15 - 12:00 <b>Zumba</b> 18:00 - 19:00 <b>BODYATTACK™</b> 19:00 - 19:45 <b>BODYPUMP EXPRESS™</b></p> <p><b>Studio 2</b> 10:00 - 11:30 <b>Vinyasa Yoga</b> 13:00 - 14:00 <b>Vinyasa Yoga</b> 18:00 - 19:00 <b>Pilates Beg/Inter</b> 19:00 - 20:00 <b>Pilates Advanced</b></p> <p><b>Cycling Studio</b> 18:00 - 19:00 <b>Group Cycle</b></p> <p><b>Pool</b> 10:00 - 11:00 <b>Aqua</b></p> <p><b>Gym</b> 07:00 - 07:30 <b>B:Core-fit</b> 10:00 - 10:30 <b>B:Conditioned</b></p> <p><b>Tennis</b> 10:00 - 11:00 <b>Beginners Coaching</b> 11:00 - 12:00 <b>Intermediate Coaching</b></p>	<p><b>Studio 1</b> 10:45 - 11:30 <b>BODYPUMP EXPRESS™</b> 18:00 - 19:00 <b>Circuits</b></p> <p><b>Studio 2</b> 09:30 - 10:30 <b>Pilates Intermediates</b> 10:30 - 11:30 <b>Intro to Pilates</b> 12:00 - 13:00 <b>Yoga</b> 18:00 - 19:00 <b>BODYBALANCE™</b></p> <p><b>Cycling Studio</b> 18:00 - 19:00 <b>Group Cycle</b> 19:00 - 20:00 <b>Group Cycle</b></p> <p><b>Pool</b> 09:30 - 10:30 <b>Aqua</b></p> <p><b>Gym</b> 07:00 - 07:30 <b>B:Conditioned</b> 10:00 - 10:30 <b>B:Strong</b> 18:30 - 19:00 <b>B:Core-fit</b></p> <p><b>Tennis</b> 10:00 - 12:00 <b>Social Tennis</b></p>	<p><b>Studio 1</b> 09:30 - 10:30 <b>Step &amp; Tone</b> 10:45 - 11:30 <b>Zumba</b> 18:00 - 18:45 <b>BODYATTACK™</b> 19:00 - 20:00 <b>BODYPUMP™</b></p> <p><b>Studio 2</b> 08:30 - 09:30 <b>Pilates</b> 09:30 - 10:30 <b>Pilates Intermediates</b> 10:45 - 11:30 <b>Core Conditioning</b> 11:45 - 12:45 <b>BODYBALANCE™</b> 12:45 - 13:45 <b>Pilates</b> 14:00 - 15:00 <b>Yoga Beginners</b> 18:30 - 19:30 <b>Fitness Pilates</b> 20:00 - 21:30 <b>Krama Yoga</b></p> <p><b>Cycling Studio</b> 06:30 - 07:15 <b>Group Cycle</b> 10:45 - 11:45 <b>Group Cycle</b></p> <p><b>Pool</b> 10:45 - 11:30 <b>Aqua</b></p> <p><b>Gym</b> 07:00 - 07:30 <b>B:Conditioned</b> 10:00 - 10:30 <b>B:Strong</b> 18:30 - 19:00 <b>B:Strong</b></p> <p><b>Tennis</b> 10:00 - 11:00 <b>Tennis Skills &amp; Drills</b></p>	<p><b>Studio 1</b> 09:30 - 10:30 <b>BODYPUMP™</b> 12:00 - 13:00 <b>BODYBALANCE™</b> 13:30 - 14:30 <b>Pilates Intermediates</b> 14:30 - 15:30 <b>Pilates</b></p> <p><b>Studio 2</b> 08:30 - 09:30 <b>Pilates</b> 09:30 - 10:30 <b>Pilates Intermediates</b> 10:45 - 12:15 <b>Yoga the beginners way</b> 12:15 - 13:45 <b>Beginners Ashtanga Yoga</b></p> <p><b>Cycling Studio</b> 08:45 - 09:25 <b>Group Cycle</b> 10:45 - 11:30 <b>Group Cycle</b> 11:30 - 12:00 <b>Group Cycle</b> 17:15 - 18:00 <b>Group Cycle</b> 18:00 - 19:00 <b>Group Cycle</b></p> <p><b>Pool</b> 10:45 - 11:45 <b>Aqua</b></p> <p><b>Gym</b> 07:00 - 07:30 <b>B:Strong</b> 10:00 - 10:30 <b>B:Strong</b></p> <p><b>Tennis</b> 11:00 - 12:00 <b>Beginners Social Tennis</b></p>	<p><b>Studio 1</b> 08:00 - 09:00 <b>Boot Camp</b> 11:00 - 12:00 <b>BODYPUMP™</b></p> <p><b>Studio 2</b> 08:30 - 09:15 <b>Power Pilates</b> 09:30 - 10:30 <b>BODYBALANCE™</b> 16:00 - 17:30 <b>Hatha Yoga</b></p> <p><b>Cycling Studio</b> 10:00 - 10:45 <b>Group Cycle</b></p> <p><b>Gym</b> 10:30 - 11:00 <b>B:Core-fit</b></p> <p><b>Sunday</b></p> <p><b>Studio 1</b> 10:00 - 11:00 <b>BODYATTACK™</b> 11:00 - 12:00 <b>BODYPUMP™</b></p> <p><b>Studio 2</b> 09:00 - 10:30 <b>Dynamic Hatha Yoga</b> 10:30 - 12:00 <b>Dynamic Hatha Yoga</b></p> <p><b>Cycling Studio</b> 09:00 - 09:45 <b>Group Cycle</b> 11:00 - 12:00 <b>Group Cycle</b></p>



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