



SPA AND WELLNESS

## Class timetable

Monday	09:00-10:00	10:00-10:55	10:00-10:55	11:00-11:55	12:30-14:00	18:00-19:30	
	Karina - Power Pump	Karina - Bootcamp	Adrian - Aqua	Adrian - ZUMBA	Natasha - Yoga	Karina - Cardio Tone&stretch	
Tuesday	09:00-09:55	10:00-10:55	11:00-11:55		18:00-19:30		
	Karina - Step	Karina - LBT	Karina - Flexibility		Karina - Body Sculpt&stretch		
Wednesday	10:00-11:00	11:15-12:15	10:00-11:00	17:00-18:00	18:00-19:00	18:00-19:00	
	Natasha - Yoga	Natasha - Yoga	Louise - SPIN	Adrian - ZUMBA	Louise - Pilates	Adrian - Aqua	
Thursday	09:00-10:30	10:30-11:30	11:30-12:30	09:30-10:15	18:10-18:55	19:00-19:55	
	Karina - BC Step&stretch	Dianne - LBT Pilates	Dianne - Pilates	Adrian - Aqua	Dianne - LBT Pilates	Dianne - Pilates	
Friday	09:00-09:55	10:00-10:55	11:00-11:55	17:30-18:30	18:30-19:00		
	Karina - Cardio Tone	Karina - Body Sculp	Karina - Shape and stretch	Adrian - SPIN	Adrian - Stretch		
Saturday	09:30-10:30	11:00-12:00					
	Natasha - Yoga	Adrian - Strong Nation					