



SPA AND WELLNESS

Karina	●
Diane	●
Adrian	●
Natasha	●
Louise	●

CLASS TIMETABLE

MONDAY

V02 Training	08:15 - 09:00	● Main Studio
Stretch	09:00 - 09:45	● Spin studio
Power Pump	09:00 - 10:00	● Main Studio
Body Blast	10:00 - 10:55	● Main Studio
Aqua	10:00 - 10:55	● Pool
Zumba	11:00 - 11:55	● Main Studio
Yoga	12:30 - 14:00	● Main Studio
Strong Nation	17:30 - 18:15	● Main Studio
Cardio Tone	18:15 - 19:15	● Main Studio
Stretch	19:15 - 19:45	● Main Studio

TUESDAY

Good Morning Pilates	07:00 - 07:45	● Main Studio
Body Conditioning Step	09:00 - 09:55	● Main Studio
LBT	10:00 - 10:55	● Main Studio
Balance & Stretch	11:00 - 11:55	● Main Studio
Body Bar Class	18:10 - 18:55	● Main Studio
Pilates	19:00 - 19:55	● Main Studio

WEDNESDAY

Spin	10:00 - 11:00	● Spin studio
Yoga	10:00 - 11:00	● Main Studio
Yoga	11:15 - 12:15	● Main Studio
Zumba	17:00 - 18:00	● Spin studio
Pilates	18:00 - 19:00	● Main Studio
Aqua	18:00 - 19:00	● Pool

THURSDAY

V02 Training	08:15 - 09:00	● Main Studio
Stretch	09:00 - 09:45	● Spin Studio
Step & Dumbbells	09:00 - 10:00	● Main Studio
Aqua	10:00 - 10:45	● Pool
Spin & Weights	10:30 - 11:30	● Spin studio
Pilates	10:30 - 11:30	● Main Studio
Pilates	11:30 - 12:30	● Main Studio
Body Sculpture	18:00 - 19:00	● Main Studio
Stretch	19:00 - 19:30	● Main Studio

FRIDAY

Good Morning Pilates	07:00 - 07:45	● Main Studio
Cardio Tone	09:00 - 09:55	● Main Studio
Body Sculpture	10:00 - 10:55	● Main Studio
Shape and Stretch	11:00 - 11:55	● Main Studio
Spin	17:30 - 18:30	● Spin studio
Stretch	18:30 - 19:00	● Main Studio

SATURDAY

Power Pump	08:30 - 09:15	● Main Studio
Yoga	09:30 - 10:30	● Main Studio
Strong Nation	10:45 - 11:30	● Main Studio
Body Blast	11:30 - 12:30	● Main Studio
Stretch	12:30 - 13:00	● Main Studio