

EXCLUSIVE

SPORTS CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	YOGA	VINYASA YOGA	YIN YOGA	YOGA	VINYASA YOGA	YIN YOGA	YOGA
10:00	BOOTY WORKOUT	BOOTY WORKOUT	BOOTY WORKOUT	BOOTY WORKOUT	BOOTY WORKOUT	BOOTY WORKOUT	BOOTY WORKOUT
11:00	FUNCTIONAL TRAINING	TABATA	TRX	FUNCTIONAL TRAINING	TABATA	TRX	FUNCTIONAL TRAINING
11:30	AQUA CYCLING	AQUA FITMAT	AQUA FITNESS	AQUA JUMPING	AQUA POLE	AQUA BOXING	AQUA FITNESS
15:00	BOXING	CORE WORKOUT	BOXING	CORE WORKOUT	BOXING	CORE WORKOUT	BOXING
16:00	ABS WORKOUT	CIRCUIT WORKOUT	GROUP SPINNING	CIRCUIT WORKOUT	ABS WORKOUT	GROUP SPINNING	CIRCUIT WORKOUT
17:00	PILATES	ANTIGRAVITY YOGA	PILATES	ANTIGRAVITY YOGA	PILATES	ANTIGRAVITY YOGA	PILATES

FEEL THE VIBE

KEEP THE ENERGY UP!

