

EXCLUSIVE

SPORTS CLUB

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

FEEL THE VIBE

KEEP THE ENERGY UP!

