

FITNESS CLASSES

THE CLUBHOUSE

WEEKLY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 45 MIN WOD THE CLUBHOUSE STUDIO	07:00 30 MIN Burn 30 THE CLUBHOUSE STUDIO	07:00 45 MIN WOD THE CLUBHOUSE STUDIO	07:00 30 MIN Burn 30 THE CLUBHOUSE STUDIO	07:00 45 MIN WOD THE CLUBHOUSE STUDIO	08:00 45 MIN WOD THE CLUBHOUSE STUDIO	
08:45 60 MIN Vinyasa Yoga THE SHALA	08:15 60 MIN Barre THE CLUBHOUSE STUDIO	08:00 30 MIN Burn 30 THE CLUBHOUSE STUDIO	08:15 60 MIN Barre THE CLUBHOUSE STUDIO	08:45 60 MIN Mat Pilates THE SHALA	09:00 45 MIN Burn 45 THE CLUBHOUSE STUDIO	
09:30 45 MIN Kettlebells & Core THE CLUBHOUSE STUDIO	08:45 60 MIN Mat Pilates THE SHALA	12:30 45 MIN Bodytone THE CLUBHOUSE STUDIO	09:30 60 MIN Barre THE CLUBHOUSE STUDIO	09:30 45 MIN Kettlebells & Core THE CLUBHOUSE STUDIO		
10:00 60 MIN Breathe THE SHALA	09:30 60 MIN Barre THE CLUBHOUSE STUDIO	13:30 45 MIN Bodytone THE CLUBHOUSE STUDIO	09:30 60 MIN Barre THE CLUBHOUSE STUDIO	09:30 45 MIN Kettlebells & Core THE CLUBHOUSE STUDIO		
12:15 60 MIN Mat Pilates THE SHALA	10:00 60 MIN Vinyasa Yoga THE SHALA	12:30 45 MIN Bodytone THE CLUBHOUSE STUDIO	10:00 60 MIN Vinyasa Yoga THE SHALA	12:15 60 MIN Body Power & Balance THE SHALA	08:00 45 MIN Burn 45 THE CLUBHOUSE STUDIO	
13:30 60 MIN Body Power & Balance THE SHALA	11:00 60 MIN Island Jam THE CLUBHOUSE STUDIO	13:30 45 MIN Bodytone THE CLUBHOUSE STUDIO	10:00 60 MIN Vinyasa Yoga THE SHALA	12:15 60 MIN Body Power & Balance THE SHALA	09:00 45 MIN Kettlebells & Core THE CLUBHOUSE STUDIO	
18:00 45 MIN Burn 45 THE CLUBHOUSE STUDIO	18:00 45 MIN Burn 45 THE CLUBHOUSE STUDIO	18:00 60 MIN Power Yoga THE SHALA	11:00 60 MIN Island Jam THE CLUBHOUSE STUDIO	17:00 60 MIN Bag Box THE CLUBHOUSE STUDIO	09:00 60 MIN Vinyasa Yoga THE SHALA	09:00 60 MIN Hatha Yoga THE SHALA
18:00 60 MIN Hatha Yoga THE SHALA	19:00 60 MIN Bag Box THE CLUBHOUSE STUDIO	18:00 45 MIN WOD THE CLUBHOUSE STUDIO	12:15 60 MIN Pilates THE SHALA	18:15 30 MIN Burn 30 THE CLUBHOUSE STUDIO	10:00 45 MIN Kettlebells & Core THE CLUBHOUSE STUDIO	
19:00 45 MIN Lower Body Conditioning THE CLUBHOUSE STUDIO	19:30 60 MIN Power Pilates THE SHALA	19:00 45 MIN Kettlebells & Core THE CLUBHOUSE STUDIO	18:30 45 MIN Burn 45 THE CLUBHOUSE STUDIO	18:00 60 MIN Hatha Yoga THE SHALA	10:30 60 MIN Mat Pilates THE SHALA	
		19:15 60 MIN Breathe THE SHALA		19:00 45 MIN Lower Body Conditioning THE CLUBHOUSE STUDIO		