

FITNESS CLASSES

THE CLUBHOUSE

WEEKLY TIMETABLE

| MONDAY                                                                   | TUESDAY                                                     | WEDNESDAY                                                               | THURSDAY                                                                             | FRIDAY                                                                                | SATURDAY                                                                              | SUNDAY                                                                               |
|--------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 07:00   45 MIN<br><i>WOD</i><br>THE CLUBHOUSE STUDIO                     | 07:00   30 MIN<br><i>Burn 30</i><br>THE CLUBHOUSE STUDIO    | 07:00   45 MIN<br><i>WOD</i><br>THE CLUBHOUSE STUDIO                    | 07:00   30 MIN<br><i>Burn 30</i><br>THE CLUBHOUSE STUDIO                             | 07:00   45 MIN<br><i>WOD</i><br>THE CLUBHOUSE STUDIO                                  |    | 08:00   45 MIN<br><i>WOD</i><br>THE CLUBHOUSE STUDIO                                 |
| 08:45   60 MIN<br><i>Vinyasa Yoga</i><br>THE SHALA                       | 08:15   60 MIN<br><i>Barre</i><br>THE CLUBHOUSE STUDIO      | 08:00   30 MIN<br><i>Burn 30</i><br>THE CLUBHOUSE STUDIO                | 08:15   60 MIN<br><i>Barre</i><br>THE CLUBHOUSE STUDIO                               | 08:45   60 MIN<br><i>Mat Pilates</i><br>THE SHALA                                     |                                                                                       | 09:00   45 MIN<br><i>Burn 45</i><br>THE CLUBHOUSE STUDIO                             |
| 09:30   45 MIN<br><i>Kettlebells &amp; Core</i><br>THE CLUBHOUSE STUDIO  | 08:45   60 MIN<br><i>Mat Pilates</i><br>THE SHALA           | 11:00   60 MIN<br><i>Body Power &amp; Balance</i><br>THE SHALA          | 09:30   60 MIN<br><i>Barre</i><br>THE CLUBHOUSE STUDIO                               | 09:30   45 MIN<br><i>Kettlebells &amp; Core</i><br>THE CLUBHOUSE STUDIO               |                                                                                       |  |
| 10:00   60 MIN<br><i>Breathe</i><br>THE SHALA                            | 09:30   60 MIN<br><i>Barre</i><br>THE CLUBHOUSE STUDIO      | 12:30   45 MIN<br><i>Bodytone</i><br>THE CLUBHOUSE STUDIO               |  | 12:15   60 MIN<br><i>Body Power &amp; Balance</i><br>THE SHALA                        | 08:00   45 MIN<br><i>Burn 45</i><br>THE CLUBHOUSE STUDIO                              |                                                                                      |
| 12:15   60 MIN<br><i>Mat Pilates</i><br>THE SHALA                        | 10:00   60 MIN<br><i>Vinyasa Yoga</i><br>THE SHALA          | 13:30   45 MIN<br><i>Bodytone</i><br>THE CLUBHOUSE STUDIO               |                                                                                      |  | 09:00   45 MIN<br><i>Kettlebells &amp; Core</i><br>THE CLUBHOUSE STUDIO               |                                                                                      |
| 18:00   45 MIN<br><i>Burn 45</i><br>THE CLUBHOUSE STUDIO                 | 11:00   60 MIN<br><i>Island Jam</i><br>THE CLUBHOUSE STUDIO | 17:15   45 MIN<br><i>Power Yoga</i><br>THE SHALA                        | 10:00   60 MIN<br><i>Vinyasa Yoga</i><br>THE SHALA                                   |                                                                                       | 09:00   60 MIN<br><i>Vinyasa Yoga</i><br>THE SHALA                                    | 09:00   60 MIN<br><i>Hatha Yoga</i><br>THE SHALA                                     |
| 18:00   45 MIN<br><i>Hatha Yoga</i><br>THE SHALA                         | 18:00   45 MIN<br><i>Burn 45</i><br>THE CLUBHOUSE STUDIO    | 18:00   45 MIN<br><i>WOD</i><br>THE CLUBHOUSE STUDIO                    | 11:00   60 MIN<br><i>Island Jam</i><br>THE CLUBHOUSE STUDIO                          | 18:00   30 MIN<br><i>Burn 30</i><br>THE CLUBHOUSE STUDIO                              |  | 10:00   45 MIN<br><i>Kettlebells &amp; Core</i><br>THE CLUBHOUSE STUDIO              |
| 19:00   45 MIN<br><i>Lower Body Conditioning</i><br>THE CLUBHOUSE STUDIO | 18:00   60 MIN<br><i>Power Yoga</i><br>THE SHALA            | 18:15   60 MIN<br><i>Breathe</i><br>THE SHALA                           | 12:15   60 MIN<br><i>Pilates</i><br>THE SHALA                                        | 18:00   45 MIN<br><i>Power Yoga</i><br>THE SHALA                                      |                                                                                       | 10:30   60 MIN<br><i>Mat Pilates</i><br>THE SHALA                                    |
| 19:00   45 MIN<br><i>Ballet Yoga</i><br>THE SHALA                        | 19:15   45 MIN<br><i>Power Pilates</i><br>THE SHALA         | 19:00   45 MIN<br><i>Kettlebells &amp; Core</i><br>THE CLUBHOUSE STUDIO | 18:15   45 MIN<br><i>Burn 45</i><br>THE CLUBHOUSE STUDIO                             | 18:45   45 MIN<br><i>Lower Body Conditioning</i><br>THE CLUBHOUSE STUDIO              | 11:30   60 MIN<br><i>Sound Healing</i><br>THE SHALA                                   | 11:30   45 MIN<br><i>Upper Body Conditioning</i><br>THE CLUBHOUSE STUDIO             |