

# Class Timetable 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLE CLASS 07:00 - 07:30		CYCLE CLASS 07:00 - 07:30		CYCLE CLASS 07:00 - 07:30	
BOOTCAMP 07:30 - 08:00		TRX 07:30 - 08:00		BOOTCAMP 07:30 - 08:00	
PILATES 09:30 - 10:15		PILATES 09:30 - 10:15		PILATES 09:30 - 10:15	CYCLE CLASS 09:30 - 10:00
AQUA AEROBICS 10:30 - 11:15		AQUA AEROBICS 10:30 - 11:15		AQUA AEROBICS 10:30 - 11:15	BODY SCULPT 10:00 - 10:30
SWIM LESSONS 15:30 - 18:00	SWIM LESSONS 15:30 - 18:00				
		CYCLE CLASS HIIT 18:00 - 18:20	CYCLE CLASS HIIT 18:00 - 18:20	CYCLE CLASS HIIT 18:00 - 18:20	
CYCLE CLASS HIIT 18:30 - 18:50	HIIT 19:00 - 19:30	BODY SCULPT 18:20 - 18:50	BODY BURN 18:20 - 18:50	BODY SCULPT 18:20 - 18:50	
BODY SCULPT 18:50 - 19:10	PILATES 20:00 - 20:45				

## MEMBERSHIP INCLUDES THE FOLLOWING:

- A wide variety of complimentary classes
- Unlimited use of gym, pool, sauna, steam room and jacuzzi
- 10% discount on food & beverage in the hotel (on presentation of a valid membership key tag)
- Free personal fitness programs created for you, by our qualified team
- Please note- if signing a child up who wishes to use the gym, a copy of their birth certificate is required. Access to gym will not be permitted otherwise
- Discounts on spa treatments available for members throughout the year

## PLEASE NOTE THE ABOVE TIMETABLE IS VALID FROM JUNE 2018 & SUBJECT TO CHANGE

- All classes are included in membership rate.
- A minimum of 3 people required for the class to commence.
- No admittance to class 5 minutes after start time.