

Class Timetable 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN CLASS 7:00 - 7:30	BOOTCAMP 7:00-7:30	SPIN CLASS - BEGINNER 7:00 - 7:30	BOOTCAMP 7:00-7:30	SPIN CLASS - BEGINNER 7:00 - 7:30	SPIN CLASS 9:30-10:00
BOOTCAMP 7:30 - 8:00	SPIN CLASS 7:30-8:00	TRX 7:30-8:00	SPIN CLASS 7:30 - 8:00	BOOTCAMP 7:30 - 8:00	BODY SCULPT 10:00 - 10:30
YOGA 9:30 - 10:00		YOGA 9:30-10:00	PILATES 9:30-10:00	YOGA 9:00 - 9:45	
AQUA AEROBICS 10.30 - 11.15		AQUA AEROBICS 10:30-11:15		AQUA AEROBICS 10.30 - 11.15	
SWIM LESSONS 15:30 - 18:00	SWIM LESSONS 15:30-18:00				
SPIN CLASS HIIT 18:00 - 18:20		SPIN CLASS HIIT 18:00 - 18:20	SPIN CLASS HIIT 18:00 - 18:20	SPIN CLASS HIIT 18:00 - 18:20	
BODY SCULPT 18:20 - 18:50	HIIT 19:00-19:30	BODY SCULPT 18:20 - 18:50	BODY SCULPT 18:20 - 18:50	BODY SCULPT 18:20 - 18:50	
	PILATES 20:00-20:30				

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 MAY 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.