



# Fitness classes - Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 Michael Spinning + 15'cores	6:30 Fabrice LES MILLS GRIT	6:30 Michael Spinning + 15'cores	6:15 Aurelie.S Pilates	7:00 Michael Spinning + 15'cores	7:00 Fabrice Killer Booty & Abs Workout	7:30 ** Body Conditioning
7:00 Aurelie.S Slow Flow Yoga	7:15 Aurelie.S Pilates	8:00 Aurelie.S Power Yoga	7:15 Anthony LES MILLS GRIT	7:00 Manuela Pilates	8:15 Christopher Latin Hits	8:30 ** Spinning
8:30 Anthony Body Conditioning	8:30 Billy Spinning	9:30 Billy Aqua Gym	8:30 Aurelie.S Pilates	8:30 Billy LES MILLS GRIT	8:30 Billy Spinning	9:30 Moshin Yoga
10:30 Anthony Senior Fitness	10:30 Clarel Senior Fitness	12:15 Rayhan LES MILLS GRIT	10:30 Clarel Senior Fitness	9:30 ** Aqua Gym	9:30 Christopher Afro Dance	
12:15 Gino LES MILLS GRIT	12:15 Aurelie.H Functional Workout	16:00 Anthony Box Fit Kids	12:15 Fabrice Cardio Sculpt	12:15 Billy Spin & Cores	10:00 Billy Swiss Ball*	
17:15 Michael Spinning		17:30 Laetitia Zumba	16:00 Anthony Fit Kids		10:30 Moshin Hatha Yoga	
17:15 Moshin Kundalini Yoga		17:30 Fabrice Outdoor HIIT Circuit	17:15 Gino Box Fit*	17:15 Moshin Hatha Yoga	11:15 Moshin Kundalini Yoga	
17:15 Billy Mat Work Pilates*	17:15 Gino Box Fit*	17:45 Michael Spinning	17:30 Christopher Mix Dance Fitness		12:00 Moshin Meditation	
17:30 Fabrice Outdoor HIIT Circuit	17:30 Billy LES MILLS GRIT	18:30 Anthony Pump It	17:30 Billy Spinning			
18:15 Billy Step Freestyle	17:30 Aurelie.H Spinning		18:15 Gino Box Fit*			
18:15 Michael Spinning	18:15 Gino Box Fit*		18:15 Fabrice Burn Intervals			
19:15 Fabrice Cardio Sculpt	18:30 Christopher Latino Fitness					

- STRENGTH & CONDITIONING
- PILATES
- DANCE / ZUMBA
- SPINNING
- AQUA GYM
- HIIT WORKOUT
- YOGA / MEDITATION
- SENIOR FITNESS
- KIDS CLASSES
- \* SMALL ROOM (9 pax only)
- \*\* COACH SUBJECT TO CHANGE EVERY WEEK

