



# Fitness classes - Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 Michael Spinning	6:30 Fabrice 30' HIIT Circuit	7:00 Michael Spinning	6:15 Aurelie.S Pilates	7:00 Michael Spinning		7:30 ** Total Body Conditioning
7:00 Aurelie.S Slow Flow Yoga		7:00 Billy Step	7:15 Jean-Marie HIIT Workout	7:00 Manuella Pilates	7:15 Fabrice Killer Booty & Abs Workout	8:30 ** Spinning
8:00 Michael 15' Cores*	7:15 Aurelie.S Pilates	8:00 Aurelie.S Power Yoga		8:00 Michael 15' Cores	8:30 Christopher Latin Hits	9:30 Moshin Yoga
8:30 Anthony Total Body Conditioning	8:30 Jordan Spinning	8:00 Michael 15' Cores*	8:30 Aurelie.S Pilates	8:30 Billy Body Sculpt	8:30 ** Spinning	
10:30 Anthony Senior Fitness	10:30 Clarel Senior Fitness	9:30 Billy Aqua Gym	10:30 Clarel Senior Fitness	9:30 Billy Aqua Gym	9:30 Christopher Afro Dance	
12:15 Gino Total Body Conditioning	12:15 Aurelie.H Functional Workout	12:15 Billy Spin & Cores	12:15 Fabrice Cardio Sculpt	12:15 Billy Functional Workout	10:30 Billy Swiss Ball*	
17:15 Michael Spinning		16:00 Anthony Box Fit Kids			10:30 Moshin Hatha Yoga	
17:15 Moshin Kundalini Yoga		17:30 Laetitia Zumba	16:00 Christopher Dance Kids		11:15 Moshin Kundalini Yoga	
17:15 Billy Mat Work Pilates*		17:30 Michael Spinning	17:30 Christopher Mix Dance Fitness	17:00 Moshin Hatha Yoga	12:00 Moshin Meditation	
17:30 Fabrice Outdoor HIIT Circuit	17:30 Jean-Marie Circuit High Intensity	17:30 Fabrice Outdoor HIIT Circuit	17:30 Billy Spinning			
18:15 Billy Step	17:30 Aurelie.H Spinning	18:30 Jean-Marie Pump It	18:00 Gino Box Fit*	18:15 Billy Mat Work Pilates		
18:15 Michael Spinning	18:00 Gino Box Fit*		18:30 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

