

## GYM SCHEDULE

Monday	<b>7am-8am Core Yoga</b> With Monique On the Balcony	<b>8am-9am Pilates</b> With Nikita On the Balcony		<b>10-10:30am Aqua Aerobics</b> With Terry At the wiggly pool		<b>5:30-6:15pm Body Sculpt</b> With Terry At the Wiggly Pool	
Tuesday	<b>8am-9am Hatha Flow Yoga</b> With Mo On the Yoga Balcony		9am-10am Historical Hike (+entrance fee) Mo or Terry	10am-11am Body Sculpt			
Wednesday	8am-9am Vinyasa Yoga With Mo On the Yoga Balcony	9am-10am Pilates With Nikita On the gym balcony	<b>10-10:30am Aqua Aerobics</b> With Terry At the wiggly pool			5:30-6:15pm Body Sculpt With Terry	
Thursday	<b>8am-9am Hatha Flow Yoga</b> With Mo On the Yoga Balcony		9am-10am Historical Hike (+entrance fee) Mo or Terry	10am-11am Kick Boxing Workout With Terry	<b>3-4pm Pilates</b> With Nikita On the Gym Balcony	3:30-4:30pm Kids Yoga With Monique On the Yoga Balcony	5:30-6:15pm Body Sculpt With Terry
Friday	8am-9am Core Yoga With Monique On the Balcony			<b>10-10:30am Aqua Aerobics</b> With Terry At the wiggly pool			
Saturday	<b>7:30am-8:30am Core Yoga</b> With Monique On the Balcony	<b>9:00 am - 10:00am Spinning With Monique Gym</b>	8am-8:45am Body Sculpt With Terry	9am-10am Kick Boxing Workout With Terry			

**Classes in Green are complimentary**

Classes in **BLACK** are charged at the advertised rates

**PLEASE SIGN UP 24 HRS IN ADVANCE FOR ALL CLASSES INCLUDING COMPLIMENTAREY CLASSES AT THE SPA RECEPTION.**