

T H E

S P A

A T T R U M P[®]

Group Exercise Schedule

Please contact our Spa Hosts to reserve your class at ext: 8020
\$30.00 - 60 minute Class
\$45.00 - 90 minute Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>7.15am – 8.15am</u> SPIN Studio 1	<u>6.30am – 7.30am</u> FIT CIRCUIT Studio 2	<u>7.00am – 8.00am</u> AWAKENING YOGA Studio 2	<u>6.30am – 7.30am</u> FIT CIRCUIT Studio 2		<u>9.00am – 10.00am</u> STRENGTH & CONDITIONING Studio 2	<u>9.30am – 10.30am</u> YAMUNA BODY ROLLING Studio 2
		<u>7.15am – 8.15am</u> SWIM TECHNIQUE Pool		<u>7.15am – 8.15am</u> SWIM TECHNIQUE Pool	<u>10.00am – 11.00am</u> SPIN Studio 1	<u>11.00 am – 12.00pm</u> KICKBOXING Studio 2
<u>12.00pm – 1.00pm</u> PILATES MAT Studio 2	<u>12.00pm – 12.30pm</u> STRENGTH & CONDITIONING Studio 2	<u>12.00pm – 1.00pm</u> ESSENTIAL FLEXIBILITY Studio 2	<u>12.00pm – 1.00pm</u> HATHA YOGA Studio 2	<u>12.00pm – 12.30pm</u> STRENGTH & CONDITIONING Studio 2	<u>11.00am – 12.30pm</u> HATHA YOGA Studio 2	
	<u>12.30pm – 1.00pm</u> CORE FOCUS Studio 2	<u>12.15pm – 1.00pm</u> SPIN Studio 1	<u>1.15pm – 1.45pm</u> SPIN Studio 1	<u>12.30pm – 1.00pm</u> CORE FOCUS Studio 2		
<u>5.00pm – 6.00pm</u> STRENGTH & CONDITIONING Studio 2	<u>6.00pm – 7.00pm</u> CYCLE EXTREME Studio 1		<u>6.30pm – 7.15pm</u> TRI FIT [®] Studio 2	<u>5.00pm – 6.00pm</u> SPIN Studio 1		
<u>6.15pm – 7.45pm</u> POWER YOGA Advanced Studio 2	<u>6.00pm – 7.00pm</u> PILATES MAT Studio 2	<u>6.00pm – 7.00pm</u> BOSU WORKOUT Studio 2	<u>7.30pm – 8.15pm</u> SWIM TECHNIQUE Pool			

Please note: Classes may be subject to change.