

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> BODY ACTIVATED Studio 2	<u>9.30am – 11.00am</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>11.15am – 12.15pm</u> KICKBOXING Studio 2
<u>12.00pm – 1.00pm</u> PILATES MAT Studio 2	<u>12.00pm – 1.00pm</u> WATER WORKOUT Pool	<u>12.00pm – 1.00pm</u> ESSENTIAL FLEXIBILITY Studio 2	<u>12.00pm – 1.00pm</u> HATHA YOGA Studio 2		<u>11.00am – 12.30pm</u> HATHA YOGA Studio 2	
	<u>1.15pm – 1.45pm</u> CORE FOCUS Studio 2		<u>1.15pm – 1.45pm</u> SPIN Studio 1	<u>1.00pm – 1.45pm</u> MOBILITY, STABILITY & FLEXIBILITY Studio 2		
<u>5.00pm – 6.00pm</u> STRENGTH & CONDITIONING Studio 2	<u>5.30pm – 6.30pm</u> PILATES MAT Studio 2	<u>5.30pm – 6.30pm</u> STRENGTH & CONDITIONING Studio 2		<u>5.00pm – 6.00pm</u> SPIN Studio 1		
<u>6.15pm – 7.45pm</u> YOGA FOR YOU Studio 2	<u>6.30pm – 7.30pm</u> BALLET TRAINING TO TONE Studio 2	<u>7.00pm – 8.30pm</u> POWER YOGA Advanced Studio 2	<u>6.00pm – 7.30pm</u> FEATURED CLASS Studio 2			

Please note: Classes may be subject to change.