




































# STUDIO 1

	MON	TUES	WED	THUR	FRI	SAT
06:00 AM				 SPA HEALTH CLUB <b>HIIT 45</b> GROUP X		
08:00 AM	 SPA HEALTH CLUB <b>VIVA</b> GROUP X		 SPA HEALTH CLUB <b>VIVA</b> GROUP X		 SPA HEALTH CLUB <b>VIVA</b> GROUP X	
09:15 AM	 SPA HEALTH CLUB <b>PUMP</b> GROUP X	 SPA HEALTH CLUB <b>PUNCH</b> GROUP X	 SPA HEALTH CLUB <b>STEP</b> GROUP X	 SPA HEALTH CLUB <b>FIT BALL</b> GROUP X	 SPA HEALTH CLUB <b>DANCE FIT</b> GROUP X	 SPA HEALTH CLUB <b>YOGA</b> GROUP X
09:50 AM				 SPA HEALTH CLUB <b>TBT</b> GROUP X		
10:15 AM			 SPA HEALTH CLUB <b>STRENGTH &amp; TONE</b> GROUP X	 SPA HEALTH CLUB <b>STRENGTH &amp; WELLNESS</b> GROUP X	 SPA HEALTH CLUB <b>FUSION</b> GROUP X	
10:30 AM	 SPA HEALTH CLUB <b>PILATES</b> GROUP X	 SPA HEALTH CLUB <b>YOGA</b> GROUP X				
10:45 AM			 SPA HEALTH CLUB <b>TBT</b> GROUP X			
05:30 PM		 SPA HEALTH CLUB <b>DANCE FIT</b> GROUP X		 SPA HEALTH CLUB <b>HIIT 45</b> GROUP X		
05:45 PM	 SPA HEALTH CLUB <b>PUNCH</b> GROUP X		 SPA HEALTH CLUB <b>PUMP</b> GROUP X			
06:15 PM		 SPA HEALTH CLUB <b>STEP</b> GROUP X				
06:30 PM	 SPA HEALTH CLUB <b>YOGA</b> GROUP X		 SPA HEALTH CLUB <b>PILATES</b> GROUP X			
<b>SPIN STUDIO</b>						
06:00 AM		 SPA HEALTH CLUB <b>SPIN</b> GROUP X			 SPA HEALTH CLUB <b>SPIN</b> GROUP X	

09:15 AM					 SPA HEALTH CLUB <b>SPIN</b> GROUP X	
05:30 PM				 SPA HEALTH CLUB <b>SPIN</b> GROUP X		
<b>GYM AREA</b>						
10:15 AM		 SPA HEALTH CLUB <b>STRENGTH &amp; WELLNESS</b> GROUP X				
03:30 - 05:00 PM	 SPA HEALTH CLUB <b>TEEN GYM</b> GROUP X	 SPA HEALTH CLUB <b>TEEN GYM</b> GROUP X	 SPA HEALTH CLUB <b>TEEN GYM</b> GROUP X	 SPA HEALTH CLUB <b>TEEN GYM</b> GROUP X	 SPA HEALTH CLUB <b>TEEN GYM</b> GROUP X	
05:30 PM		 SPA HEALTH CLUB <b>MEN'S GROUP</b> GROUP X				
18:30						