



















CLASSES

	MON	TUES	WED	THUR	FRI
08:00 AM	 SPA HEALTH CLUB VIVA GROUP X		 SPA HEALTH CLUB VIVA GROUP X		 SPA HEALTH CLUB VIVA GROUP X
09:15 AM	 SPA HEALTH CLUB PUMP GROUP X	 SPA HEALTH CLUB PUNCH GROUP X	 SPA HEALTH CLUB STEP GROUP X		 SPA HEALTH CLUB DANCE FIT GROUP X
09:15 am					 SPA HEALTH CLUB SPIN GROUP X
10:15 AM		 SPA HEALTH CLUB STRENGTH & WELLNESS GROUP X		 SPA HEALTH CLUB STRENGTH & WELLNESS GROUP X	
10:25 AM	 SPA HEALTH CLUB PILATES GROUP				
05:30 PM		 SPA HEALTH CLUB DANCE FIT GROUP		 SPA HEALTH CLUB SPIN GROUP	
05:30 PM		 SPA HEALTH CLUB MEN'S GROUP GROUP X			
05:45 PM	 SPA HEALTH CLUB PUNCH 45 GROUP		 SPA HEALTH CLUB HIIT GROUP X		
06:25 PM		 SPA HEALTH CLUB STEP GROUP			
06:30 PM	 SPA HEALTH CLUB YOGA GROUP X				