

Monday		8-9am Pilates With Nikita On the gym balcony	9 am -9.30 Weight Loss With Rodja	10-10.30am Aqua Aerobics With Terry At the Wiggly Pool	5.30pm-6.15pm Bums & Tums With Cornelios	5.30pm-6.15pm Body Sculpt With Terry
Tuesday	8am-9am Core Yoga with Mo On the yoga balcony		9am- 10am Local Historical Hike with Mo	10am-11am Kick Boxing Workout With Terry	5.30pm-6.15pm Bums & Tums With Cornelios	
Wednesday	7.30am-8.30am Vinyasa Yoga with Mo On the yoga balcony	9-10am Pilates With Nikita On the gym balcony	9.15 am- 10am Body Weight Strength With Rodja	10am-10.30am Aqua Aerobics With Terry At the Wiggly Pool	5.30pm-6pm Body Sculpt With Terry	6pm-7pm Spinning With Suzanne COMING SOON
Thursday	8am-9am Core Yoga with Mo On the yoga balcony		9.30am-10.30 Local Historical Hike with Mo Meet in the spa	10am-11am Kick Boxing Workout With Terry	3-4pm Pilates With Nikita On the gym balcony	5.30pm-6.15pm Body Sculpt With Terry
Friday	9.15am -10am Body Weight Core With Rodja	10am-11am Spinning With Suzanne COMING SOON		10am-10.30am Aqua Aerobics With Terry At the Wiggly Pool		
Saturday	7.30pm-8.15am Body Sculpt With Terry	8am-8.45am Beach Endurance With Cornelios	8.30am-9.30am Spinning With Suzanne EVERY OTHER SATURDAY ONLY COMING SOON	9am-10am Kick Boxing Workout With Terry		
Sunday		8am-8.45am Beach Endurance With Cornelios				

ALL CLASSES IN BLACK ARE CHARGEABLE AT RATES ADVERTIZED / ALL CLASSES IN GREEN ARE COMPLIMENTARY CLASSES .PLEASE SIGN UP 24 HRS IN ADVANCE FOR ALL CLASSES INCLUDING COMPLIMENTAREY CLASSES AT THE SPA RECEPTION.