

Monday	8-9am Pilates With Nikita On the gym balcony	9.15-10am NEW Abs Blitz With Andrew	9 am -9.30 NEW Weight Loss With Rodja	10-10.30am Aqua Aerobics with Kestin At the Wiggly Pool	10.45-11.45am NEW Karate With Andrew	4pm-5pm Hatha Yoga All levels with Kestin On yoga balcony
Tuesday	7.30am-8.30am Core Yoga All Levels with Mo On the yoga balcony	9am- NEW Pigeon Island Historical Hike with Mo Meet in the spa	9.15-10am NEW Body Blitz With Andrew	10-10.45am NEW Self Defense With Andrew		
Wednesday	7.30am-8.30am Vinyasa Yoga All Levels 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 Kestin At the Wiggly Pool	10.45-11.30am NEW Abs Blitz With Andrew	
Thursday	8am-9am Core Yoga All Levels with Kestin On the yoga balcony	9.15-10am NEW Body Blitz With Andrew	10.15-11am NEW Leg Blitz With Andrew		3-4pm Pilates With Nikita On the gym balcony	
Friday	9.15 am -10am NEW Body Weight Core With Rodja	10am-10.30am Aqua Aerobics with Kestin At the Wiggly Pool	10-10.45am NEW Self Defense With Andrew		4.30-5pm NEW Beach Body Boot Camp with Mo	5.30pm-6.30pm Vinyasa Yoga All Levels with Mo On the yoga balcony
Saturday						5.30pm-6.30pm Restorative Yoga All Levels with Mo On the yoga balcony

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.