





















# Fitness Classes Timetable

TIME & LOCATION	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
08:15 - 9:00 YOGA HALL		Kettlebell  Move it, shake it, Lift it		Kettlebell  Move it, shake it, Lift it	Kettlebell  Move it, shake it, Lift it
9:15 - 10:00 GYM		Circuit  Training - Body Blast		Circuit  Training - Body Blast	Circuit  Training - Body Blast
11:00 - 11:45 POOL		Aqua  Aerobics		Aqua  Aerobics	Aqua  Aerobics
18:00 - 18:45 POOL	Aqua  Aerobics - Tone & Sculpt		Aqua  Aerobics - Tone & Sculpt		Aqua  Aerobics - Tone & Sculpt
19:00 - 19:45 YOGA HALL	Kettlebell  Move it, shake it, Lift it		Kettlebell  Move it, shake it, Lift it		Kettlebell  Move it, shake it, Lift it
20:00 - 20:45 GYM	Circuit  Training - Body Blast		Circuit  Training - Body Blast		Circuit  Training - Body Blast

 BARBARA

 ANNA

*Class Only Membership ( 3 months )  
 2 free classes per week for only € 225  
 Please sign up for the classes 48 to 24 h in advance*

Any 3 month membership - 1 free classes per week  
 Any 6 month membership - 2 free classes per week  
 Any 12 month membership - 3 free classes per week