

Wellness ACTIVITIES

TIME & PLACE / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 (Wellness Area)	YOGA	YOGA	YOGA	YOGA	YOGA		YOGA
10:00 (Wellness Area)		PILATES	PILATES		PILATES	PILATES	
11:00 (Wellness Area)	FLY YOGA	FLY YOGA	FLY YOGA	FLY YOGA	FLY YOGA		FLY YOGA
14:00 (Wellness Area)	BODY WORKOUT		BODY WORKOUT	BODY WORKOUT	BODY WORKOUT		BODY WORKOUT
15:00 (Olivium Pool)	AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT			AQUAFIT
15:30 (Zumba Area)	ZUMBA		ZUMBA		ZUMBA		
16:00 (Wellness Area)	MOBILITY	MOBILITY	THAI CHI	MOBILITY	THAI CHI	THAI CHI	



COLD WEATHER AND RAINY DAYS

TIME & PLACE / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30 (Spinning Room)	YOGA	YOGA	YOGA	YOGA	YOGA	YOGA	YOGA
10:00 (Spinning Room)	PILATES	PILATES	PILATES	PILATES	PILATES	PILATES	PILATES
14:15 (Spinning Room)	BODY WORKOUT	BODY WORKOUT	BODY WORKOUT	BODY WORKOUT	BODY WORKOUT	BODY WORKOUT	BODY WORKOUT
15:00 (Indoor Pool)	AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT		AQUA FIT
15:15 (Spinning Room)	STRETCHING	STRETCHING	STRETCHING	STRETCHING	STRETCHING	STRETCHING	STRETCHING

