

# FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30		SHAPE (CHRISTINE)	STRETCH (CHRISTINE)	CIRCUIT (CHRISTINE)		
8:30	SPINNING (DEV)		BOX-ERCISE (ASA)	FUNCTIONAL WEIGHT TRAINING (ZIAD)		
8:30			*AQUA (GAIL)		ZUMBA 30 MIN / ABS (SHAEL)	
9:00		YOGA/ PILATES / (SHAEL)				SWIMMING LESSON (AUDREY)
9:30					*AQUA (SHAEL)	
16:00			SWIMMING LESSON 16:00 - 17:30			
17:30			KIDS & ADULTS 30 MINS			
18:30	GLUTES & ABS (SENDYL)	TABATA (SENDYL)	PILATES/YOGA /STRETCH (SHAEL)	CIRCUIT (SENDYL)	WEEKEND WARRIOR (SENDYL)	
19:00			STRENGTH TRAINING (SENDYL)			
				*UPDATES IN YELLOW		