

Activity Schedule – November 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>8:30-9:15</u> Aqua spin Signature ROLAND	<u>8:30-9:15</u> Aqua power PUNEET	<u>10:00-10.45</u> Aqua Balance MARINA	<u>8:30-9:15</u> Aqua power ROLAND	<u>10:00-10.45</u> Aqua Balance MARINA	<u>8:30-9:15</u> Aqua spin Signature ROLAND	<u>8:30-9:15</u> Aqua power ROLAND
	<u>9:30 – 10:30</u> Yoga MARINA				<u>10.00 – 11.00</u> Yoga MARINA	
<u>11:00 – 11:45</u> PRAMA Strength RICHIE	<u>11:00 – 11:45</u> PRAMA Energy ROLAND		<u>11:00 – 11:45</u> PRAMA Energy ROLAND	<u>11:00 – 11:45</u> PRAMA Strength ROLAND	<u>11:00 – 11:45</u> PRAMA Strength RICHIE	<u>11:00 – 11:45</u> PRAMA Strength PUNEET
<u>18:30– 19:15</u> PRAMA Energy RICHIE	<u>18:30-19.15</u> Aqua spin Signature RICHIE	<u>18:30– 19:15</u> PRAMA Energy RICHIE	<u>18:30-19.15</u> Aqua spin Signature RICHIE	<u>18:30– 19:15</u> PRAMA Energy ROLAND	<u>19:00-19.45</u> Aqua power PUNEET	<u>19:00-19.45</u> Aqua power PUNEET

AQUASPIN™: The latest revolutionary aqua exercise that's a high intensity workout but gentle on joints, burns calories and keeps you cool!
AQUAPOWER: a circuit training program, utilizing the bikes and other equipment in order to combine strength, cardio and combat
AQUABALANCE: medium intensity Aquaspin™ format designed to improve body and mind connection through mobility, flexibility and meditation exercises
PRAMA: Interactive circuit training where movements are guided by markings on the floor, music and LED lights.
Yoga: Hatha based flow class strengthening the body and mind, whilst improving flexibility and the connection to the breath
For class bookings and information, please call the Health club reception at 04 457 3330



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