

Activity Schedule – January 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>8:30-9:15</u> SPINNING 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> SPINNING 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>8:30-9:15</u> Aqua spin Signature PUNEET	<u>9:30 – 10:30</u> YOGA MARINA	<u>8:00-8:45</u> HIIT PUNEET				
					<u>10.00 – 11.00</u> YOGA MARINA	
<u>11:00 – 11:45</u> PRAMA RICHIE	<u>11:00 – 11:45</u> PRAMA ROLAND		<u>11:00 – 11:45</u> HIIT ROLAND	<u>11:00 – 11:45</u> PRAMA ROLAND	<u>11:00 – 11:45</u> PRAMA RICHIE	<u>12:00- 12.50</u> HIIT PUNEET
				<u>18:30– 19:15</u> PRAMA RICHIE		
<u>18:30– 19:15</u> HIIT RICHIE	<u>18:30-19.15</u> Aqua spin Signature RICHIE	<u>18:30– 19:15</u> PRAMA RICHIE	<u>18:30-19.15</u> Aqua spin Signature RICHIE	<u>18:30– 19:15</u> HIIT 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 Aqua spin™ 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