MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WINTER 2018
AQUA COMBAT/DISC	AQUA PYRAMID	AQUA TABATA	AQUA PYRAMID	AQUA TABATA		All classes are free to members. Non
9.00 - 10.00	9.00 - 10.00	8.00 - 9.00	9.00 - 10.00	8.00 - 9.00		members 7Eu. Classes are not included
WITH SUE	WITH SUE	WITH SUE	WITH SUE	WITH SUE		in swim only membership or day passe
PILATES	TENNIS COACHING	AQUA COMBAT & DISC		AQUA COMBAT & DISC	H.I.I.T	
8.30 - 9.30	9.00 - 10.30	9.00 - 10.00		9.00 - 10.00	10.00 - 11.00	
WITH KATHY	WITH NIK	WITH SUE		WITH SUE	WITH NICK	
		FITBALL		PILATES - ADVANCED		
		8.30 - 9.30		8.45 - 9.45		ONLINE BOOKING - If you do not
		WITH KATHY		WITH KATHY		have your Username & Password,
DANCERCISE	BODY COMBAT	ABSOLUTE ABS	Meditation & Mildfulness	TENNIS COACHING		please see a member of our
9.45 - 10.45	9.30 - 10.30	9.45 - 10.30	10.30 - 11.30	9.00 - 10.30		Reception team. Each person
WITH ALI	WITH VIKI	WITH NICK	WITH CAROL	WITH NIK		requires an individual email addres
	GYM CIRCUITS	BOOTCAMP	ZUMBA	TRX		* Please do not book for anyone else a
	10.00 -11.00	10.45 - 11.30	10.00 - 11.00	10.00 -11.00		any duplicate bookings will be deleted by Reception.
	WITH NICK	NICK	WITH VIKI	WITH NICK		* Please do not bring lists of classes to
YOGA-INTERMEDIATE	BODYSHAPE	CIRCUITS BEGINNERS	RELAX/MEDIATION			Reception to book for you.
11.00 - 12.00	10.30 - 11.30	11.45 - 12.30	10.30 - 11.30			* Any membership under 1 month doe
WITH DEBBIE	WITH VIKI	WITH NICK	WITH CAROL		-	not include classes AQUA: A MEMBER CAN TAKE 3 OUT OF 7
STRENGTH TRAINING	PILATES-ALL LEVELS	ZUMBA	LEGS, BUMS & TUMS	DANCERCISE		CLASSES.
11.00 - 12.00	11.45 - 12.55	10.30 - 11.30	11.15 - 12.15	11.15 - 12.15		PILATES/FITBALL: A MEMBER CAN TAKE 2
WITH NICK	WITH KATHY	WITH SUE	WITH VIKI	WITH ALI		OUT OF 4 CLASSES ZUMBA: A MEMBER CAN TAKE 2 OUT OF 4
		YOGA-BEG/INTER				CLASSES
		12.30 - 1.30				VERY IMPORTANT INFORMATION
		WITH DEBBIE				IF YOU CAN NOT ATTEND A CLASS, PLEASE GO INTO YOUR LOGIN ON THE SYSTEM, GO
						TO CLASSES AND CANCEL YOUR BOOKING
		1		T	7	FROM THERE.
	KIDS ZUMBA		KIDS ZUMBA			
	16.30 - 17.30		16.30 - 17.30			SPA TONIC, Crown Resort Horizon,
	5EU PER CHILD		5EU PER CHILD			Coral Bay, 00357 26623924
	NS: 1 LANE AVAILAB					spa.tonic@yahoo.co.uk
•	•	` , ,	uesday 4pm - 5pm (5 -	•		
** Wednesday 3.00	- 6.00 (4 - 9 years),	Thursday 4pm - 6pn	n (3 - 8 years) ** Frida	y PM (private) ** Satu	rday 9.00 - 2.00p	n 11:00