

Hideaway

SPA & LEISURE

MON	ZUMBA 9:30-10:15	BODYTONE 10:25-11:10	PILATES 11:30-12:30	YOGA 17:30-18:30			
TUE	AEROFIT 9:30-10:15	BODYTONE 10:30-11:15	CIRCUITS 12:00-12:45	BOOTCAMP 17:15-18:00	LEGS, BUMS & TUMS 18:00-18:30	SPINNING 19:00-19:45	
WED	ZUMBA 9:30-10:15	BODYTONE 10:25-11:10	TAI CHI 18:00-19:00	YOGALATES 19:00-20:00			
THU	HIIT 7:15-7:45	BODYSCULPT 7:45-8:30	DANCE FITNESS 8:40-9:25	AQUA AEROBICS 9:15-10:00	PILATES 9:30-10:30	YOGA 17:30-18:30	BOXERCISE 19:00-19:45
FRI	BODYTONE 9:30-10:15	ZUMBA 10:30-11:15					
SAT	ZUMBA 9:15-10:00	YOGA 11:00-12:00	BOOTCAMP 12:30-13:30				