



**THE GRANDE SPA  
&  
FITNESS CLUB**

## Studio Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 11:00	Yoga/Hatha ** 10:00-11:00		Pilates ** 10:00-11:00	Yoga/Hatha ** 10:00-11:00	Pilates ** 10:00-11:00		
11:00 12:00						Abdominal** 11:00 - 11:30 1	Yoga/Flow (3) 1:00 - 12:00
13:00 14:00						Yoga ** 13:30-14:30	
15:00 16:00	Abs Batt,Thighs 15:00 - 15:30	Stretching 15:00 - 15:30	Abdominal** 15:00 - 15:30	Stretching 15:00 - 15:30	Abdominal** 15:00 - 15:30		
17:30 18:30	Dancing class ** 17:30-18:30		Total body Workout 18:00-19:00	Low-Impact (2) 18:00-19:00		Abs & Fitball 18:00-18:30	Yoga/Hatha ** 17:00-18:00
18:30 19:30	Hi-Impact (3) 18:30-19:30	Yoga ** 19:00-20:00			Yoga/Flow (3) 18:00-18:30		
19:30 20:30			Yoga/Hatha ** 19:45-20:45				
20:00 21:00							

\*\*Suitable for all Levels      ( 1 ) Beginner Level      ( 2 ) Medium Level      ( 3 ) Advanced Level