

Grande Spa and Fitness: Aerobics Class Schedule

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
09:00 10:00							
10:00 11:00	Yoga (Hatha) Manop(10:00- 11:00)		Pilates Pinanong(10:00- 11:00)	Yoga (Hatha) Manop(10:00- 11:00)	Pilates Class Pinanong(10:00- 11:00)		
11:00 12:00						Abdominal** 11:00 - 11:30	Yoga (Flow) Tee (11:00 - 12:00)
13:00 14:00						Yoga Ying(13:30- 14:30)	
15:00 16:00	Abs Batt,Thighs 15:00 - 15:30	Streching 15:00 - 15:30	Abdominal** 15:00 - 15:30	Streching 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 (Oak)18:00-19:00		Abs & Fitball 18:00-18:30	Yoga (Hatha) Angie 17:00- 18:00
18:30 19:30	Hi-Impact (3) Anon(18:30- 19:30)	Yoga Naphat(19:00- 20:00)			Yoga (Flow) Tee (18:30 - 19:30)		
19:30 20:30				Yoga (Hatha) Manop 19:45- 20:45			
20:00 21:00					-		

****Suitable for all
Levels**

1 Beginner Level

2 Medium Level

3 Advanced Level