



GROUP EXERCISE

AUGUST 2021



DAY	MORNING	TIME AM	AFTERNOON	TIME PM
MON	Group Cycle Circuits The Resort Run Group Cycle Pilates Tai Chi	0645-0730 0745-0815 0830-0900 0915-1000 1030-1130 1145-1245	HIIT Body Pump Group Cycle Legs, Bums & Tums Group Cycle	1330-1415 1815-1900 1815-1900 1915-2000 1915-2000
TUE	Body Pump Group Cycle The Resort Run Yoga Group Cycle Aqua Aerobics Body Balance	0645-0730 0745-0830 0830-0900 0915-1015 0930-1015 1030-1115 1030-1115	Legs, Bums & Tums Body Combat Group Cycle Legs, Bums & Tums Group Cycle	1330-1415 1815-1900 1815-1900 1915-2000 1915-2000
WED	HIIT The Resort Run Kettlebells Group Cycle Pilates	0645-0715 0830-0900 0930-1015 1030-1115 1030-1130	Circuits Body Pump Group Cycle Body Combat HIIT Group Cycle Full Body Mobility	1330-1415 1815-1900 1815-1900 1915-2000 1915-2000 2015-2045
THU	Group Cycle HIIT The Resort Run Body Pump Aqua Aerobics Tai Chi	0645-0730 0800-0830 0830-0900 0915-1000 1015-1100 1030-1130	Body Pump Group Cycle Body Balance Group Cycle	1815-1900 1815-1900 1915-2000 1915-2000
FRI	HIIT Group Cycle The Resort Run Body Combat Body Balance Yoga	0645-0715 0730-0815 0830-0900 0915-1000 1015-1100 1130-1230	Legs, Bums & Tums HIIT Group Cycle Kettlebells Full Body Mobility	1330-1415 1815-1900 1915-2000 2015-2045
SAT	Group Cycle Group Cycle (Beginner) The Resort Run Body Combat Body Balance	0715-0800 0815-0845 0830-0900 0900-1000 1015-1115	Group Cycle HIIT Circuits	1600-1645 1830-1915
SUN	The Resort Run Group Cycle Body Pump Full Body Mobility	0830-0900 0915-1000 1015-1115 1130-1200	HIIT Group Cycle	1600-1645 1830-1915

PLEASE CHECK-IN TO LEISURE RECEPTION FOR ALL CLASSES.