



LET US BE YOUR LUXURY.

FITNESS CLASS SCHEDULE / WEEK OF AUG. 25

MONDAY

10:00AM – 11:00AM | GINA
YOGA

6:00PM – 7:00PM | LISANNE
CHAIR AEROBICS

TUESDAY

10:00AM – 11:00AM | LISANNE
CHAIR CARDIO SCULPT

6:30PM – 7:30PM | ANNA
BARRE

WEDNESDAY

6:00PM – 7:00PM | LISANNE
PILATES

THURSDAY

6:30PM – 7:30PM | WILLIAM
ZUMBA

FRIDAY

NO CLASS

SATURDAY

9:30AM – 10:30AM | LISANNE
CHAIR AEROBICS

SUNDAY

NO CLASS

ALL CLASSES SUBJECT TO INSTRUCTOR/TIME CHANGE