



LET US BE YOUR LUXURY.

FITNESS CLASS SCHEDULE

MONDAY

6:00PM – 7:00PM | LISANNE
CARDIO COMBO

TUESDAY

10:00AM – 11:00AM | MIRIAM
CHAIR SCULPT

6:30PM – 7:30PM | ANNA
BARRE

WEDNESDAY

6:00PM – 7:00PM | LISANNE
PILATES

7:15PM – 8:15PM | GINA
YOGA

THURSDAY

6:00PM – 7:00PM | WILLIAM
ZUMBA

FRIDAY

NO CLASS

SATURDAY

9:30AM – 10:30AM | MIRIAM
CHAIR DANCE & SCULPT

SUNDAY

NO CLASS

*** ALL CLASSES SUBJECT TO INSTRUCTOR/FORMAT/TIME CHANGE ***