



LET US BE YOUR LUXURY.

FITNESS CLASS SCHEDULE

As of September 2026

MONDAY

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

TUESDAY

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

6:00PM – 7:00PM | ANNA
BARRE

WEDNESDAY

6:00PM – 7:00PM | LISANNE
PILATES

THURSDAY

6:00PM – 7:00PM | LISA
ZUMBA

FRIDAY

NO CLASS

SATURDAY

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

12:00PM – 1:00PM | GINA
YOGA

SUNDAY

NO CLASS

ALL CLASSES SUBJECT TO INSTRUCTOR/TIME CHANGE