



# LivingWell

## HEALTH CLUBS

Personalised fitness for life

DAYS								
SUNDAY		8:15-9:00 AM <b>Boot Camp</b> <i>Lewis</i>		9:30-10:30 AM <b>Tai Chi</b> <i>Manifest</i>	10:35-12:00 PM <b>Yoga</b> <i>Alexis</i>			
MONDAY	6:00-6:45 AM <b>Boot Camp</b> (Pay Class) <i>Lewis</i>		9:00-10:00 AM <b>Yoga</b> <i>Asrat</i>	10:30-11:30 AM <b>Aqua Areobics</b> <i>Asrat</i>	11:00-11:45 AM <b>Golden Fit</b> <i>Beth</i>	5:45-6:15 PM <b>AB Blast Class</b> <i>Amelia</i>	6:30-7:45 PM <b>Yoga</b> <i>Ilana</i>	
TUESDAY			9:15-10:00 AM <b>Body Sculpt</b> <i>Marita</i>	10:05-11:00 AM <b>Core Balance</b> <i>Asrat</i>		5:30-6:15 PM <b>TOTAL</b> (TRX, core&more) <i>Eva</i>		
WEDNESDAY	6:00-6:45 AM <b>Boot Camp</b> (Pay Class) <i>Lewis</i>	8:00-9:00 AM <b>Yoga</b> <i>Asrat</i>	9:00-9:45 AM <b>Aqua Areobics</b> <i>Beth</i>	10:10-10:50 AM <b>Golden Fit</b> <i>Beth</i>		5:45-6:15 PM <b>AB Blast Class</b> <i>Amelia</i>	6:40-7:40 PM <b>Yoga Level 1-2</b> <i>Asrat</i>	
THURSDAY		8:00-9:00 AM <b>Golden Yoga</b> <i>Asrat</i>	9:15-10:00 AM <b>Body Sculpt</b> <i>Marita</i>	10:05-11:00 AM <b>Core Balance</b> <i>Asrat</i>		5:30-6:15 PM <b>TOTAL</b> (TRX, core&more) <i>Eva</i>		
FRIDAY	6:00-6:45 AM <b>Boot Camp</b> (Pay Class) <i>Lewis</i>		9:00-10:15 AM <b>Yoga Basics</b> <i>Asrat</i>	10:30-11:30 AM <b>Aqua Areobics</b> <i>Asrat</i>	11:00-11:45 AM <b>Golden Fit</b> <i>Beth</i>			
SATURDAY				9:00-9:45 AM <b>HDT-3</b> <b>High Density Training</b> (Boot Camp) <i>Lewis</i>				

\*Valid from: June 10th 2019