

# GET FIT with i.sawan



## GROUP CLASS SCHEDULE 2026

<b>MONDAY</b>	<b>MORNING STRETCHING BY THE POOL</b> 06.30-07.15 (OAK)	<b>CIRCUIT TRAINING</b> 18.30-19.15 (CHAMP)
<b>TUESDAY</b>	<b>HATHA YOGA</b> 06.30-07.30 (NOOM)	<b>PILATES MAT</b> 10.00-11.00 (POL)
<b>WEDNESDAY</b>	<b>PILATES MAT</b> 06.30-07.30 (POL)	<b>YOGA CALM</b> 18.30-19.30 (KOOK)
<b>THURSDAY</b>	<b>ZUMBA</b> 06.30-07.30 (MEK)	<b>PILATES MAT</b> 18.30-19.30 (POL)
<b>FRIDAY</b>	<b>YOGA</b> 10.00-11.00 (MUU)	<b>BODY SCULPT</b> 17.15-18.00 (TOH)
<b>SATURDAY</b>	<b>A.B.T. (Abs, Butts &amp; Thighs)</b> 08.00-08.45 (CHAMP)	<b>PILATES MAT</b> 16.00-17.00 (POL)
<b>SUNDAY</b>	<b>HIGH INTENSITY INTERVAL TRAINING</b> 08.00-08.30 (TOH)	<b>STRETCHING</b> 16.00-16.45 (OAK)

- Classes are complimentary for in house guests and subject to change without prior notice.
- Advance booking is requested.
- Effective as of January 1st, 2026.

For reservation please call 0 2254 6310 or extension 5006