

LAGUNA HEALTH CLUB

CLASS TIMETABLE

MONDAY

07:15-08:00	SWEAT
10:00-10:30	FUNCTIONAL FIT
10:45-11:30	AQUA FIT
12:00-12:45	YOGA
17:15-17:45	FUNCTIONAL FIT
17:45-18:15	LAGUNA CYCLE
18:30-19:15	PILATES

TUESDAY

07:15-08:00	LAGUNA CYCLE
17:45-18:30	SWEAT
18:30-19:15	YOGA

WEDNESDAY

07:15-08:00	SWEAT
10:00-10:30	FUNCTIONAL FIT
10:45-11:30	AQUA
17:45-18:15	LAGUNA CYCLE
18:30-19:15	PILATES

THURSDAY

07:15-08:00	LAGUNA CYCLE
12:00-12:45	YOGA
17:45-18:30	SWEAT
18:30-19:30	YOGA

FRIDAY

07:15-08:00	SWEAT
10:00-10:30	FUNCTIONAL FIT
10:45-11:30	AQUA
17:15-17:45	FUNCTIONAL FIT
18:00-18:45	PILATES

SATURDAY

09:30-10:15	LAGUNA CYCLE
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SUNDAY

09:30-10:15	SWEAT
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