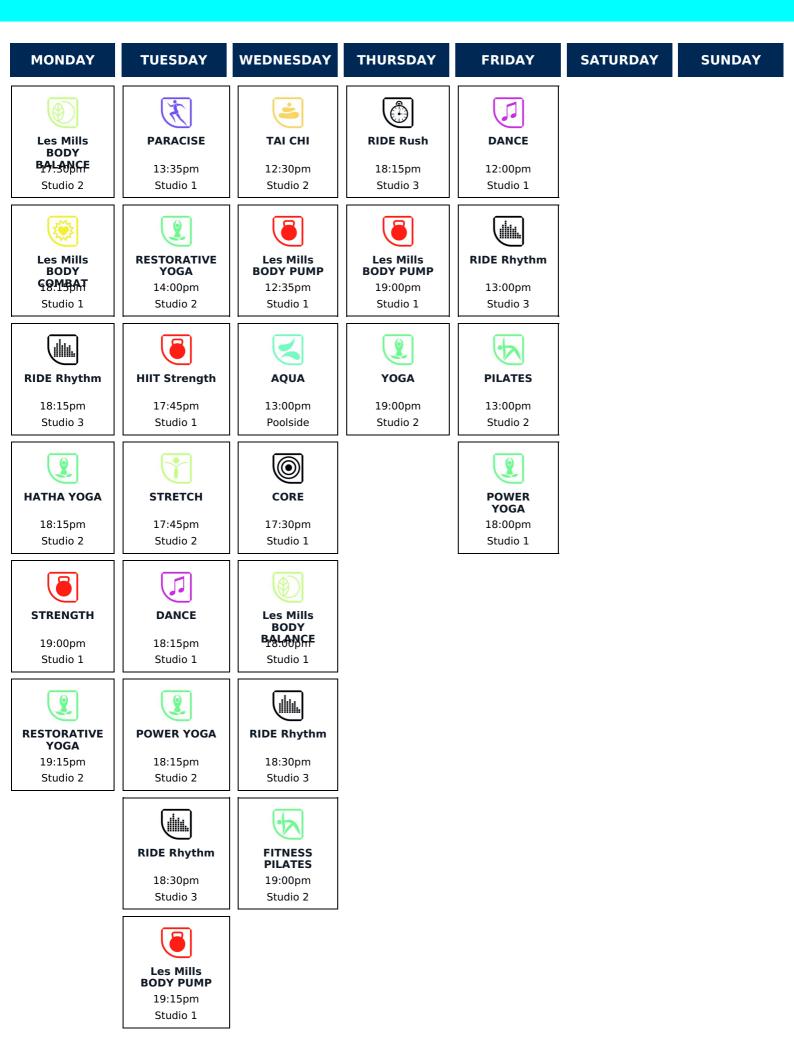


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Les Mills BODY PUMP 10:30am Studio 1	AQUA 10:20am Poolside	AQUA 09:30am Poolside	DANCE 11:15am Studio 1	Les Mills BODY OJ:50SK Studio 1		
RIDE Rush 11:00am Studio 3	PILATES 11:00am Studio 1	RIDE Rhythm 09:30am Studio 3	VINYASA FLOW YOGA 11:15am Studio 2	AQUA 09:30am Poolside		
YOGA 11:00am Studio 2	SHAPE 11:00am Studio 2	YOGA 09:30am Studio 2	PARACISE 12:35pm Studio 1	AQUA 10:15am Poolside		
STRENGTH 11:30am Studio 1	RIDE Rhythm 12:00pm Studio 3	DANCE 10:30am Studio 1	RESTORATIVE YOGA 14:00pm Studio 2	Les Mills BODY PUMP 10:30am Studio 1		
PILATES 12:00pm Studio 2	MINDFULNESS & MEDITOPHION Studio 2	Les Mills BODY BALANCE Studio 2	PILATES 17:30pm Studio 2	VINYASA YOGA 10:30am Studio 2		
ZUMBA GOLD	ZUMBA	SHAPE	SHAPE	RIDE Rush		
12:00pm Studio 1	12:00pm Studio 1	11:15am Studio 1	17:45pm Studio 1	11:00am Studio 3		
YOGA 13:00pm Studio 2	FITNESS PILATES 12:45pm Studio 1	YOGA 11:20am Studio 2	Les Mills BODY 역양/사랑슈퍼 Studio 1	STRENGTH 11:30am Studio 1		
GOLF 13:30pm Studio 1	HATHA YOGA 13:00pm Studio 2	STRETCH 12:00pm Studio 1	KETTLECISE 18:15pm Studio 2	HATHA YOGA 11:30am Studio 2		





Valid from 27/01/2025 to 31/01/2025.