

Weekly Schedule - Group Classes

ATHLOS

|             | MON           | TUE              | WED              | THU                        | FRI              | SAT           | SUN           |
|-------------|---------------|------------------|------------------|----------------------------|------------------|---------------|---------------|
| 9:00-10:00  | Pilates (CR)  | Yoga (CR)        |                  | Yoga (CR)<br>Strength (OD) |                  |               |               |
| 9:30-10:30  |               |                  |                  |                            |                  | Yoga (CR)     |               |
| 10:00-11:00 | Strength (AR) | Body Sculpt (CR) | Body Sculpt (CR) |                            | Body Sculpt (CR) |               |               |
| 10:30-11:30 |               |                  |                  |                            |                  | Pilates (CR)  |               |
| 11:00-12:00 |               | Pilates (CR)     | Bootcamp (OD)    |                            | Cardio (AR)      |               | Bootcamp (OD) |
| 12:00-13:00 | Cardio (AR)   | Strength (AR)    |                  | Body Sculpt (CR)           |                  | Strength (AR) |               |
| 18:00-19:00 |               |                  | Pilates (CR)     |                            | Pilates (CR)     |               |               |
| 19:00-20:00 | Cardio (AR)   |                  | Yoga (CR)        |                            | Strength (AR)    |               |               |
| 20:00-21:00 |               | Strength (AR)    |                  | Strength (AR)              |                  |               |               |

CR = Cosmos Room | AR = Athlos Room | OD = Outdoor