

## AIRWAYS HOTEL GYM - GROUP FITNESS SCHEDULE

	<b>Morning</b>	<b>Afternoon</b>
<b>Monday</b>	9.00 am to 10.15 am Pilates Flow (Core and Strength)	6.00 pm to 7.00 pm Zumba Fitness
<b>Tuesday</b>	8.30 am to 09.40 am Yoga	6.00 pm to 7.10 pm Yoga
<b>Wednesday</b>	9.00 am to 10.00 am Body Pump	6.00 pm to 7.00 pm H.I.I.T. (High Intensity Interval Training)
<b>Thursday</b>	8.30 am to 09.40 am Yoga	6.00 pm to 7.10 pm Yin Yoga
<b>Friday</b>	8.30 am to 09.40 am Yin Yoga 10.00 am to 11.00am (Core Barre (Pilates Smart Movement)	6.00pm to 7.00pm Zumba Fitness
<b>Saturday</b>	9.00 am to 10.00am Zumba Fitness 10.30am to 11.30am Body Pump	
<b>Sunday</b>	9.30am to 10.30 am Pilates Flow (Core and Strength)	

**Pump – 60 min** *Les Mills™ Body Pump™ – the original barbell class, full body workout.*

**Yoga – 70 min** *Calm your senses, improve your flows.*

**Zumba – 60 min** *Involves dance and aerobics movements. Choreography incorporates hip-hop, soca, samba, salsa, merengue, reggaeton, cumbia, belly-dance.*

**Pilates – 70 min** *To improve physical strength, flexibility, and posture, muscular endurance, coordination, balance, and enhance mental awareness, emphasizes your body's core- the abdomen, obliques, lower back, inner and outer thigh, butt and so on, aligning the spine, lengthening the body.*

**\*Classes and timings may change without notice**