

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30								8:30
9:00								9:00
9:30	Cardio Body		Step Class					9:30
10:00								10:00
10:30	Hatha Yoga			Ashtanga Vinyasa Yoga				10:30
11:00								11:00
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21:00								21:00

Cardio Body

Ladies Squash

Water Aerobics

Step Class

YIS Taichi

Ashtanga Vinyasa Yoga

YIS Fitness & Fun

Curcuit Class

Adult Ballet Basics & Stretch

YIS Zumba

YIS Flamenco

Out-Fit Class

Yoga Hatha

Social Tennis

Latin Dance

Zumba

Healthy Exercise

Basic Hatha Yoga

Social Squash

Table Tennis

Basic Yoga

Vinyasa Flow

Wing Chun

Monday Volleybal I

Hatha Yoga

Squash Club Night

Basketball

Badminton

Cardio Body

Squash Club Night

Body Blast

Step Class

