EXCLUSIVE SPORTS CLUB

ADULT WEEKLY SPORT PROGRAM

ESC	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30	***Stretching*** *ESC Studio*	***Pilates*** *ESC Studio*	***Yoga*** *ESC Studio*	***Core & More*** *ESC Studio*	***Yoga*** *ESC Studio*	***Pilates*** *ESC Studio*	***Yoga*** *ESC Studio* *(female only)*
10:30						***Core & More*** *ESC Outdoor*	***Crazy Abbs*** *ESC Outdoor*
11:30	***Tabata*** *ESC Outdoor*	***Functional*** *ESC Outdoor*	***Tabata*** *ESC Outdoor*	***Crossfit*** *ESC Outdoor*	***Tabata*** *ESC Outdoor*	***Functional*** *ESC Outdoor*	***Crossfit*** *ESC Outdoor*
16:00	***Aqua Jumping*** ***Pool***	***Aqua Fitness*** ***Pool***	***Aqua Combat*** ***Pool***	***Aqua Cycling*** ***Pool***	***Aqua Jumping*** ***Pool***	***Aqua Cycling*** ***Pool***	***Aqua Fitmat*** ***Pool***
17:00	***Pilates*** *ESC Studio* *(female only)*	***Yoga*** *ESC Studio* *(female only)*	***Pilates*** *ESC Studio* *(female only)*	***Stretching*** *ESC Studio*	***SPECIAL EVENT***	***Yoga*** *ESC Studio* *(female only)*	***Pilates*** *ESC Studio*
18:00	***Rebound Fitness*** *ESC Outdoor*	***JumpFit*** *ESC Outdoor*	***Rebound Fitness*** *ESC Outdoor*	***JumpFit*** *ESC Outdoor*	***Cardio Blast*** *ESC Outdoor*	***Cardio Blast*** *ESC Studio*	***Rebound*** *ESC Outdoor*

PLEASE NOTE : STUDIO ONLY OPEN FOR CLASS TIME

