



LYGON

SPA



FITNESS  
— TIMETABLE —

**LYGON**

SPA

# FITNESS

— TIMETABLE —

**ICONIC**  
Hotels & Resorts

**MONDAY**

9:15 - 10:15am  
**PILATES**  
WITH SUE



10:30 - 11:15am  
**AQUAPILATES**  
/ **AQUAROBICS**  
WITH SUE



5:15 - 6:00pm  
**SPIN**  
WITH AMANDA



**WEDNESDAY**

9:30 - 10:30am  
**YOGA**  
WITH CLAIRE

