



LYGON

SPA



FITNESS
— TIMETABLE —

MONDAY

7:30 - 8:00am
DISCOVER YOUR STRENGTH
VISIO*

9:15 - 10:15am
PILATES
WITH SUE

10:30 - 11:15am
AQUAROBIICS
WITH SUE

17:15 - 18:00pm
SPINNING
WITH AMANDA

19:00 - 19:15pm
INNER HARMONY YOGA
VISIO*

TUESDAY

7:30 - 8:00am
TOTAL BODYWEIGHT
VISIO*

9:30 - 10:00am
LOWER BODY CARDIO
VISIO*

13:00 - 13:30pm
TOTAL BODY PILATES
VISIO*

18:00 - 18:30pm
DYNAMIC CONDITIONING
VISIO*

19:00 - 19:20pm
EVENING PILOGA
VISIO*

WEDNESDAY

7:30 - 8:00am
PURE ENERGY
VISIO*

9:15 - 10:15am
SEASONAL YOGA
WITH CLAIRE

13:00 - 13:25pm
DYNAMIC FLOW PILATES
VISIO*

18:00 - 18:40pm
EXPLOSIVE CARDIO
VISIO*

19:00 - 19:20pm
FEEL GOOD YOGA
VISIO*

THURSDAY

7:30 - 8:00am
CORE BOOSTER
VISIO*

9:15 - 9:45am
SCULPTING REPS
VISIO*

13:00 - 13:25pm
YOUR PACE PILATES
VISIO*

18:00 - 18:30pm
BURN YOUR ABS
VISIO*

19:00 - 19:20pm
A STRONGER SPINE YOGA
VISIO*

FRIDAY

7:30 - 8:00am
LEG DRILLS
VISIO*

9:30 - 10:10am
ENERGY BURST
VISIO*

13:00 - 13:25pm
DYNAMIC FUSION PILATES
VISIO*

18:00 - 18:20pm
KETTLEBELL BASICS
VISIO*

19:00 - 19:15pm
DRIFT AWAY YOGA
VISIO*

SATURDAY

8:00 - 8:30am
UPPER BODY BURNER
VISIO*

9:30 - 9:50am
DYNAMIC HIIT
VISIO*

13:00 - 13:30pm
MIND MUSCLE CONNECTION PILATES
VISIO*

SUNDAY

8:00 - 8:30am
MIND BODY HARMONY YOGA
VISIO*

9:30 - 9:50am
POWER + RESISTANCE
VISIO*

13:00 - 13:25pm
FINAL STRENGTH FUSION PILATES
VISIO*

 All levels, beginners welcome  Intermediate level

*Visio consists of pre-recorded sessions led by a TechnoGym Master Trainer