



COUNTRY CLUB
AT PORT DE PLAISANCE

SINT MAARTEN

M = Mimosa Classroom

P = Peloris Classroom

Class Schedule Sept, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	P - Spinning Ryan Tackling 8:30 am - 9:30 am	P - Spin/Sculpt Ryan Tackling 8:30 am - 9:30 am	P - Spinning Ryan Tackling 8:30 am - 9:30 am	P - Spin/Sculpt Ryan Tackling 8:30 am - 9:30 am	P - Spinning Ryan Tackling 8:30 am - 9:30 am	M - Vinyasa Power Yoga Rikita Budhrani 8:00 am - 9:00 am
	M - Vinyasa Power Yoga Rikita Budhrani 8:30 am - 9:30 am			M - Vinyasa Power Yoga Rikita Budhrani 9:00 am - 10:00 am		M - Booty Sculpt Ryan Tackling 9:30 am - 10:30 am
	M - Shaolin Kung Fu Dayana 3:00 pm-5:00 pm		M - Shaolin Kung Fu Dayana 3:00 pm-5:00 pm		M - Shaolin Kung Fu Dayana 3:00 pm-5:00 pm	M - Vinyasa Power Yoga Rikita Budhrani 11:00 am - 12:00 pm
				P - Spinning Ryan Tackling 5:30 pm - 6:30 pm		
	P - Spinning Ryan Tackling 6:30 pm - 7:30 pm	P - Spinning Ryan Tackling 6:30 pm - 7:30 pm	P - Spin/Sculpt Ryan Tackling 6:30 pm - 7:30 pm	P - Spinning Ryan Tackling 6:30 pm - 7:30 pm		Sunday
	M - Pole Acrob (teen) Alena 5:30 pm -6:30 pm	M - Stretching Alena 6:30 pm -7:30 pm	M- Pole Dance (begin) Alena 6:30 pm - 8:00 pm	M - Pole Acrob (teen) Alena 5:30 pm -6:30 pm		M - Vinyasa Power Yoga Rikita Budhrani 10:15 am - 11:15 am
	M - Pole Dance (begin) Alena 6:30 pm -8:00 pm	M - Pole Dance (Int) Alena 7:30 pm -9:00 pm		M - Stretching Alena 6:30 pm -7:30 pm		
				M - Pole Dance (Int) Alena 7:30 pm - 9:00 pm		