






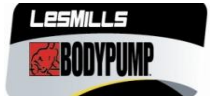









# The Pavilion Marina & Sports Club Group Exercise Schedule February 2011

<b>Sunday</b>	 Inst: Fiona 06:40-07:30	 Inst: Rania 08:30-09:15		<b>Yoga</b> Inst: Lynn 09:45-11:15	<b>*Squash Fitness-Ladies</b> Inst: Nikky 15:30-17:30	<b>Masters Swimming</b> Intermediate Lap Pool Inst: Voya 18:00-19:00	 Inst: Nikki 17:45-18:45	<b>Kick Boxing Beginners</b> Inst: Ernesto 19:00-20:00	<b>Yoga</b> Inst: Lynn 20:05-21:35
<b>Monday</b>	<b>Masters Swimming</b> Advanced Lap Pool Inst: Voya 08:00-08:30	 Inst: Rania 08:30-09:20	 Inst: Rania 09:30-10:30	 Inst: Lumi 10:45-11:45	<b>*Squash Fitness-Ladies</b> Inst: Nikky 16:15-17:45	<b>*Squash Fitness-Advance</b> Inst: Nikky 17:45-19:30		 Inst: Lumi 18:45-19:45	 Inst: Lumi 20:00-21:00
<b>Tuesday</b>		 Inst: Rania 08:30-09:30	<b>Pilates</b> (North Beach) Inst: Michelle 08:30-09:30	<b>Yoga</b> Inst: Lynn 09:45-11:15	<b>*Squash Fitness-Men</b> Inst: Nikky 18:00-20:00	<b>Masters Swimming</b> Intermediate Lap Pool Inst: Voya 18:00-19:00	<b>Kick Boxing Beginners</b> Inst: Ernesto 18:00-19:00	 Inst: Michelle 19:10-20:00	<b>Yoga</b> Inst: Shibashis 20:05-21:35
<b>Wednesday</b>	 Inst: Fiona 06:40-07:30	<b>Masters Swimming</b> Advanced Lap Pool Inst: Voya 08:00-09:00		 Inst: Lumi 08:30-09:30	 Inst: Lumi 09:45-10:45		<b>Discover Scuba</b> (Meet at Dive Centre) Inst: Ernst 14:30-16:30	 Inst: Nikki 18:00-19:00	 Inst: Nikki 19:10-20:10
<b>Thursday</b>	 Inst: Michelle 08:30-09:20		<b>Circuit Training</b> Inst: Dany 09:30-10:30	<b>Pilates</b> Inst: Michelle 10:45-11:45	<b>*Squash Fitness-Juniors</b> Inst: Nikky 16:30-18:00	<b>*Squash Fitness-Men</b> Inst: Nikky 18:00-20:00	<b>Family Circuit Training</b> (8+yrs) Inst: Dany 17:00-17:45		<b>Yoga</b> Inst: Lynn 18:00-19:30
<b>Friday</b>		 Inst: Lumi 11:00-12:00	 Inst: Lumi 12:15-13:15	 Inst: Lumi 13:30-14:20		<b>Discover Scuba</b> (Meet at Dive Centre) Inst: Ernst 14:30-16:30		<b>Kids Gymnastics</b> (5-10yrs) No class on 18th Inst: Michelle 15:30-16:30	
<b>Saturday</b>	<b>Masters Swimming</b> Advanced Lap Pool Inst: Voya 08:00-09:00	<b>Yoga</b> (North Beach) Inst: Shibashis 08:30-10:00	 Inst: Greg* 09:00-09:50	 No class on 12th Inst: Rania 10:00-11:00	 <b>Team Combat</b> (6-16yrs) Inst: Ernesto 16:00-16:45		 Inst: Michelle 17:15-18:15	 Inst: Erick 18:30-19:30	<b>*Squash Fitness-Men</b> Inst: Nikky 18:00-20:00

\*Additional charges apply for Squash only

**\*RACE OF TRUTH - 3 Hour RPM CHALLENGE - 12th February**

For further information please contact The Pavilion Reception on extension 04-406 8800