



PMYC SPORTS CLUB

CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	VINYASA SLOW FLOW		VINYASA SLOW FLOW				
8:30		HATHA - KRIYA - RAJA YOGA		HATHA - KRIYA - RAJA YOGA		HATHA-KRIYA-RAJA YOGA	
10:15						FULLBODY STRETCHING & FLEXIBILITY	
11:30						STRETCHING FOR KIDS	
16:00		STRETCHING FOR KIDS					
18:00	HIIT		FULLBODY STRETCHING AND FLEXIBILITY	HIIT			
18:15	STEP AEROBIC BEGINNERS (Squash Studio)						
18:30						KANGOO JUMPS	
19:15	ZUMBA PILATES (Squash Studio)	STEP	PILATES (Squash Studio)	STEP	STEP		
19:30			KANGOO JUMPS				
20:15		HEELS DANCING					

*Schedule is subject to change, please check with PMYC Sports Club Reception ahead of class

OUTDOOR ACTIVITIES: Archery lessons, Beach Gym, lawn games, laser clay shooting, golf driving range

ACTIVITIES	MONDAY - SUNDAY
TABLE TENNIS	08:00 - 22:00
SQUASH	08:00 - 22:00
TENNIS	08:00-22:00

PMYC SPORTS CLUB	MONDAY - SUNDAY
RECEPTION	08:00 - 22:00

PMYC SPORTS CLUB MEMBERS RECEIVE:

- Free Wi-Fi throughout the PMYC Sports Club
- Renting equipment for squash and table tennis free of charge

PMYC MEMBERS RECEIVE:

- Sports Club services at preferential rates