



# PMYC SPORTS CLUB

## CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 - 10:00	HATHA YOGA		HATHA YOGA		HATHA YOGA	
8:30 - 10:00		HATHA - KRIYA - RAJA YOGA		HATHA - KRIYA - RAJA YOGA		
17:15 - 18:15	HATHA YOGA				HATHA YOGA	
18:15-19:00		HIIT				
18:15-19:15	STOTT PILATES		STOTT PILATES		HIIT	
20:30-21:15		FULL BODY WORKOUT WITH KETTLEBELLS			FULL BODY WORKOUT WITH KETTLEBELLS	

*\*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

For more information contact PMYC Sports Club Reception on **+382 (0) 32 660 744** or via email at [scbookings@portomontenegro.com](mailto:scbookings@portomontenegro.com)  
[pmyc.portomontenegro.com/sports-club](http://pmyc.portomontenegro.com/sports-club)