



THE NANTUCKET CLUB

FITNESS + SPA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am Gentle Yoga Patricia	8am Pure Strength Jasmine	8am Body & Core Johnathan	7:15am Barre Wendy	8am Body & Core Johnathan	8am Power Sculpting Jasmine	8am Barre Express Wendy
	9:15am Yoga Patricia	9:15am Gentle Yoga Patricia	8am Cardio Burn Jasmine	9:15am Gentle Yoga Patricia	9:15am Vinyasa Yoga Patricia	9am Vinyasa Yoga Patricia
10am Vinyasa Yoga Patricia			9:15am Vinyasa Yoga Patricia			10:15am Fit Fusion Jasmine
		4:30pm Pure Abs Wendy	4pm Gentle Yoga Patricia	4:30pm Core Blast Monique		
	5pm Zumba Monique	5pm Power Flow Patricia	5pm Barre Fit Hristina	5pm Power Flow Patricia	5pm Zumba Barbara	
		6pm HIIT Cardio Monique				