



THE NANTUCKET CLUB

FITNESS + SPA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:30am Body & Core Johnathan	7:15am Barre Wendy	7:30am Body & Core Johnathan		
8:30am Gentle Yoga Patricia	8am Pure Strength Jasmine	8:45am Gentle Yoga Patricia	8am Cardio Burn Jasmine	8:45am Gentle Yoga Patricia	8am Power Sculpting Jasmine	8am Barre Express Wendy
			9:15am Vinyasa Yoga Patricia		9:15am Vinyasa Yoga Patricia	9am Vinyasa Yoga Patricia
10am Vinyasa Yoga Patricia			4:30pm Gentle Yoga Patricia			10:15am Fit Fusion Jasmine
	4:30pm Zumba Monique	5pm Power Flow Patricia	5:30pm Zumba Barbara	5pm Power Flow Patricia	4:15pm Restorative Yoga Patricia	
	5:30pm Fitness Boxing Lorna				5:30pm Fitness Boxing Lorna	