



# THE NANTUCKET CLUB

FITNESS + SPA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				8am Body & Core Wendy	7:30am HIIT Cardio Monique	8am Barre Express Wendy
8:30am Gentle Yoga Patricia	8am Pure Strength Jasmine	9am Gentle Yoga Patricia	8am Cardio Burn Jasmine	9am Gentle Yoga Patricia	8:30am Power Sculpting Jasmine	9am Vinyasa Yoga Patricia
	9:15am Yoga Patricia		9:15am Vinyasa Yoga Patricia		9:45am Vinyasa Yoga Patricia	10:15am Fit Fusion Jasmine
9:45am Vinyasa Yoga Patricia		4pm Power Flow Patricia	4pm Gentle Yoga Patricia	4pm Power Flow Patricia	11am Water Aerobic Jeff	11:30am Zumba Toning Barbara