



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	8:00am Pure Strength Jasmine	8:45am Gentle Yoga Patricia	8:00am Cardio Burn Jasmine	8:45am Gentle Yoga Patricia	8:00am Power Sculpting Jasmine	8:00am Barre Express Wendy
	9:15am Yoga Patricia		9:15am Vinyasa Yoga Patricia		9:15am Vinyasa Yoga Patricia	9:00am Vinyasa Yoga Patricia
10:00am Vinyasa Yoga Patricia		4:30pm Pure Abs Jasmine				10:15am Fit Fusion Jasmine
	4:30pm Zumba Monique	5:00pm Power Flow Patricia	4:30pm Gentle Yoga Patricia	5:00pm Power Flow Patricia	4:30pm Zumba Barbara	
	5:30pm Fitness Boxing Lorna	5:15pm Brant Point Runner	6:00pm Body Sculpting Jasmine		5:30pm Fitness Boxing Lorna	