



THE NANTUCKET CLUB
FITNESS + SPA

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