

# THE NANTUCKET CLUB

## WEEKLY SCHEDULE

| SUNDAY                               | MONDAY                              | TUESDAY                            | WEDNESDAY                           | THURSDAY                           | FRIDAY                                   | SATURDAY                            |
|--------------------------------------|-------------------------------------|------------------------------------|-------------------------------------|------------------------------------|--|-------------------------------------|
| 8:30 AM<br>GENTLE YOGA<br>PATRICIA   | 8:00 AM<br>PURE STRENGTH<br>JASMINE | 8:00 AM<br>BODY AND CORE<br>BENJI  | 8:00 AM<br>CARDIO BURN<br>JASMINE   | 8:00 AM<br>BAREE FIT<br>WENDY      | 8:00 AM<br>POWER<br>SCULPTING<br>JASMINE | 9:00 AM<br>VINYASA YOGA<br>PATRICIA |
| 10:00 AM<br>VINYASA YOGA<br>PATRICIA | 9:15 AM<br>YOGA<br>PATRICIA         | 9:15 AM<br>GENTLE YOGA<br>PATRICIA | 9:15 AM<br>VINYASA YOGA<br>PATRICIA | 9:15 AM<br>GENTLE YOGA<br>PATRICIA | 9:15 AM<br>VINYASA YOGA<br>PATRICIA      | 10:15 AM<br>AQUA FIT<br>BENJI       |
|                                      |                                     | 10:15 AM<br>AQUA FIT<br>BENJI      | 10:30 AM<br>ZUMBA<br>MONIQUE        | 10:15 AM<br>AQUA FIT<br>BENJI      |  |                                     |
|                                      |                                     |                                    |                                     |                                    |  |                                     |
|                                      |                                     | 4:00 PM<br>POWER FLOW<br>PATRICIA  | 4:00 PM<br>GENTLE YOGA<br>PATRICIA  | 4:00 PM<br>POWER FLOW<br>PATRICIA  |  |                                     |



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MONDAY – FRIDAY 7:00 AM - 8:00 PM  
WEEKENDS + HOLIDAYS 8:00 AM - 8:00 PM • 508-825-2582  
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