

THE NANTUCKET CLUB

WEEKLY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM GENTLE YOGA PATRICIA	8:00 AM PURE STRENGTH JASMINE	8:00 AM BODY AND CORE BENJI	8:00 AM CARDIO BURN JASMINE	8:00 AM BAREE FIT WENDY	8:00 AM POWER SCULPTING JASMINE	8:00AM PILATES MAT SARAH
10:00 AM VINYASA YOGA PATRICIA	9:15 AM YOGA PATRICIA	9:15 AM GENTLE YOGA PATRICIA	9:15 AM VINYASA YOGA PATRICIA	9:15 AM GENTLE YOGA PATRICIA	9:15 AM VINYASA YOGA PATRICIA	9:00 AM VINYASA YOGA PATRICIA
		10:15 AM AQUA FIT BENJI		10:15 AM AQUA FIT BENJI		10:15 AM AQUA FIT BENJI
		4:00 PM POWER FLOW PATRICIA	4:00 PM GENTLE YOGA PATRICIA	4:00 PM POWER FLOW PATRICIA		



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THE NANTUCKET HOTEL
THE NANTUCKET CLUB



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MONDAY – FRIDAY 7:00 AM - 8:00 PM
WEEKENDS + HOLIDAYS 8:00 AM - 6:00 PM • 508-825-2582
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