

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

24th NOV – 14th DEC 2019 CLASSES

<p>HATHA YOGA 7:45 am – 8:45 am Diana (Stu)</p>	<p>PILATES 7:45 am – 8:45 am Diana (Stu)</p>	<p>HATHA YOGA 7:45 am – 8:45 am Diana (Stu)</p>	<p>HATHA YOGA 7:45 am – 8:45 am Diana (Amp)</p>	<p>KAYAK 8:30 am – 9:30 am Prasad (WS)</p>	<p>HATHA YOGA 9:00 am – 10:00 am Diana (Stu)</p>	<p>HATHA YOGA 9:00 am – 10:00 am Diana (Stu)</p>
<p>BUM, TUM & THIGHS 9:00 am – 10:00 am Chris (Stu)</p>	<p>SUPER CIRCUIT 9:00 am – 10:00 am Chris (Stu)</p>	<p>SUP FIT CLASS 8:30 am – 9:30 am Prasad (WS)</p>	<p>BOXERCISE CLASS 10:00 am – 11:00 am Chris (Stu) Own Gloves</p>	<p>POWERFUL HOUR 9:00 am – 10:00 am Chris (Stu)</p>	<p>SUP FIT CLASS 9:00 am – 10:00 am Prasad (WS)</p>	<p>PILATES 10:30 am – 11:30 am Diana (Stu)</p>
		<p>YIN YOGA 6:00 pm – 7:00 pm Diana (Stu)</p>	<p>SUNSET YOGA 5:00 pm – 6:00 pm Diana (Amp)</p>		<p>YOGALATES 10:30 am – 11:30 am Diana (Stu)</p>	
<p>SUNSET YOGA 5:00 pm – 6:00 pm Diana (Amp)</p>	<p>BOOT CAMP 7:00 pm – 8:00 pm Hesham</p>	<p>AERO-STEP 7:15 pm – 8:15 pm Chris (Stu)</p>	<p>BOOT CAMP 7:00 pm – 8:00 pm Hesham</p>		<p>BARBELL MIX 12:00 pm – 1:00 pm Hesham (Stu)</p>	<p>SUPER CIRCUIT 4:00 pm – 05:00 pm Chris (Stu)</p>

Booking is required for all classes through the Club Mina Gym Reception.

All Registration for all the classes to be done at Club Mina Gym Reception.

Different rates apply, for all enquires and booking please contact the Club Mina Gym Reception on 04-3181420.

Locations:

Studio – (Stu)

Amphitheater – (Amp)

Watersports – (WS)

Club Mina Gym
Open Daily 5:30AM – 10:30PM