

JULY 2026

Gym Class Schedule

	Time	Activity	Trainer
Monday	9:30 to 10:30	Satyananda	Shashi
	12:30 to 13:30	Warrior Flow	Shashi
	17:00 to 18:00	Strong Mode	Vadym
	18:30 to 19:30	Stretch	Shashi
Tuesday	08:15 to 9:15	Strong Mode	Vadym
	09:30 to 10:30	Warrior Flow	Shashi
	12:30 to 13:30	Satyananda Yoga	Shashi
	17:00 to 18:00	Athletic Power	Vadym
	18:00 to 19:00	Sound healing	Shashi
Wednesday	09:30 to 10:30	Hatha Yoga	Shashi
	12:30 to 13:30	Pranayam & Breathwork	Shashi
	17:00 to 18:00	Athletic Power	Vadym
	18:30 to 19:30	Mobility	Shashi
Thursday	08:15 to 09:15	Stretch	Shashi
	09:30 to 10:30	Boxing Club	Vadym
	12:30 to 13:30	Restorative Yin	Shashi
	15:00 to 16:00	Functional Edge	Vadym
	17:00 to 18:00	Hatha Yoga	Shashi

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Friday	12:30 to 13:30 17:00 to 18:00	Athletic Power Boxing Club	Vadym Vadym
Sunday	09:30 to 10:45 12:30 to 13:30 17:00 to 17:45 18:30 to 19:30	Warrior Flow Yoga Nidra Sound Healing Restorative Yin	Shashi Shashi Sashi Shashi

Booking Information

- Advance bookings are required for all sessions
- Gym facilities are exclusively available to guests aged 18 and above
- Guests are encouraged to arrive at least 10 minutes prior to their scheduled session
- Cancellations must be made at least 12 hours in advance to avoid applicable fees
- Please note that the class schedule may vary during special events and public holidays

Location

- White Terrace: Hatha Yoga
- Gym Studio: Other sessions