

Aysla, what's going on?

31th MARCH - 6th APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>AQUAGYM 9 am - 10 am <i>Aysla Gym</i></p> <p>FUNCTIONAL TRAINING 9 am - 10 am <i>Aysla Gym</i></p> <p>CORE 10 am - 10:30 am <i>Aysla Gym</i></p> <p>VINYASA YOGA 10:00 am - 11:00 am <i>Aysla Gym</i></p> <p>GAP 5 pm - 6 pm <i>Aysla Gym</i></p> <p>SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i></p> <p>HEALTHY BACK 6 pm - 7 pm <i>Aysla Gym</i></p>	<p>EXPRESS WORKOUT 8.30 am - 9 am <i>Aysla Gym</i></p> <p>YOGA 9 am - 10:15 am <i>Aysla Gym</i></p> <p>CROSS TRAINING 10:15 am - 11:15 am <i>Aysla Gym</i></p> <p>HEALTHY BACK 11:15 am - 12:15 pm <i>Aysla Gym</i></p> <p>EXPRESS WORKOUT 2 pm - 2.30 pm <i>Aysla Gym</i></p> <p>STRETCHING 2.30 pm - 3 pm <i>Aysla Gym</i></p> <p>FUNCTIONAL 5 pm - 6 pm <i>Aysla Gym</i></p> <p>SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i></p> <p>PILATES 6 pm - 7 pm <i>Aysla Gym</i></p>	<p>STEP 9 am - 10 am <i>Aysla Gym</i></p> <p>AQUAGYM 9 am - 10 am <i>La Cala Pool</i></p> <p>PILATES 10 am - 11 am <i>Aysla Gym</i></p> <p>CORE 11am - 11:30 am <i>Aysla Gym</i></p> <p>YOGA 16:45pm - 6 pm <i>Aysla Gym</i></p> <p>SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i></p> <p>CROSSTRAINING 6 pm - 7 pm <i>Aysla Gym</i></p>	<p>EXPRESS WORKOUT 8:30 am - 9 am <i>Aysla Gym</i></p> <p>CROSS TRAINING 9 am - 10am <i>Aysla Gym</i></p> <p>HEALTHY BACK 10am - 11 pm <i>Aysla Gym</i></p> <p>PILATES 11 am - 12 am <i>Aysla Gym</i></p> <p>EXPRESS WORKOUT 2pm - 2.30 pm <i>Aysla Gym</i></p> <p>CORE 2.30 pm - 3 pm <i>Aysla Gym</i></p> <p>VINYASA YOGA 5 pm - 6 pm <i>Aysla Gym</i></p> <p>FUNCTIONAL 5.30 pm - 6:30 pm <i>Aysla Gym</i></p> <p>SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i></p> <p>PILATES 6:30 pm - 7:30 pm <i>Aysla Gym</i></p>	<p>AQUAGYM 9 am - 10 am <i>Aysla Gym</i></p> <p>GAP 9 am - 10 am <i>Aysla Gym</i></p> <p>PILATES 10 am - 11 am <i>Aysla Gym</i></p> <p>EXPRESS WORKOUT 11:00 am - 11:30 am <i>Aysla Gym</i></p> <p>SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i></p> <p>CROSS TRAINING 5:30 pm - 6:30 pm <i>Aysla Gym</i></p> <p>STRETCHING 6:30 pm - 7 pm <i>Aysla Gym</i></p>	<p>SUNRISE YOGA 9 am - 10 am <i>Aysla Gym</i></p> <p>GAP 10am - 11 am <i>Aysla Gym</i></p> <p>PILATES 11 am - 12 pm <i>Aysla Gym</i></p> <p>CROSS TRAINING 4 pm - 5 pm <i>Aysla Gym</i></p> <p>SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i></p>	<p>SUNRISE YOGA 9 am - 10 am <i>Aysla Gym</i></p> <p>POWER DANCE 10 am - 11 am <i>Aysla Gym</i></p> <p>HEALTHY BACK 11 am - 12 Pm <i>Aysla Gym</i></p> <p>FUNCTIONAL TRAINING 4:30 pm - 5:30 pm <i>Aysla Gym</i></p> <p>SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i></p>

