

Aysla, what's going on?

17th NOVEMBER - 23th NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GAP 8 am - 9 am Aysla Gym AQUAGYM 9 am - 10 am La Cala Pool FUNCTIONAL TRAINING 9 am - 10 am Aysla Gym HYPOPPRESIVE TRAINNING 10:00 am - 10:30 am Aysla Gym FIT 4 GOLF & TENNIS 11 am - 11:30 am Aysla Gym GAP 5 pm - 6 pm Aysla Gym VINYASA YOGA 6 pm - 7 pm Aysla Gym	EXPRESS WORKOUT 8.30 am - 9 am Aysla Gym CROSS TRAINING 9 am - 10 am Aysla Gym POWER YOGA 10 am - 11 am Aysla Gym HEALTHY BACK 11 am - 12 pm Aysla Gym SENIOR STRENGHT & CONDITION 2 pm - 2.30 pm Aysla Gym FUNCTIONAL 5 pm - 6 pm Aysla Gym PILATES 6 pm - 7 pm Aysla Gym	FUNCTIONAL TRAINING 8 am - 9 am Aysla Gym GAP 9 am - 10 am Aysla Gym AQUAGYM 9 am - 10 am La Cala Pool SPINFIT 10 am - 11 am Aysla Gym PILATES 11 am - 12 pm Aysla Gym CROSS TRAINING 5 pm - 6 pm Aysla Gym HEALTHY BACK 6 pm - 7 pm Aysla Gym SOUND BOWL EXPERIENCE 6:15 pm - 7:15 pm Aysla Gym FIT 4 GOLF & TENNIS 7 pm - 7:30 pm Aysla Gym	EXPRESS WORKOUT 8:30 am - 9 am Aysla Gym CROSS TRAINING 9 am - 10am Aysla Gym HEALTHY BACK 10 am - 11 am Aysla Gym PILATES 11 am - 12 am Aysla Gym SENIOR STRENGHT & CONDITION 2 pm - 2.30 pm Aysla Gym VINYASA YOGA 5 pm - 6 pm Aysla Gym FUNCTIONAL 6 pm - 7 pm Aysla Gym CORE 7 pm - 7:30 pm Aysla Gym	FUNCTIONAL TRAINING 8 am - 9 am Aysla Gym AQUAGYM 9 am - 10 am La Cala Pool POWER YOGA 9 am - 10 am Aysla Gym GAP 10 am - 11 am Aysla Gym ZUMBA FIT 11:00 am - 12 pm Aysla Gym PILATES 5:30 pm - 6:30 pm Aysla Gym STRETCHING 6:30 pm - 7 pm Aysla Gym	HYPOPPRESIVE TRAINNING 9 am - 9:30 am Aysla Gym GAP 10 am - 11 am Aysla Gym PILATES 11 am - 12 pm Aysla Gym FIT 4 GOLF & TENNIS 12 pm - 12:30 pm Aysla Gym HEALTHY BACK 4 pm - 5 pm Aysla Gym PILATES 5 pm - 6 pm Aysla Gym	YOGA 9 am - 10 am Aysla Gym FUNCTIONAL TRAINNING 10 am - 11 am Aysla Gym HEALTHY BACK 11 am - 12 pm Aysla Gym PILATES 4 pm - 5 pm Aysla Gym GAP 5 pm - 6 pm Aysla Gym

