

Aysla, what's going on?

18th AUGUST - 24th AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUAGYM 9 am - 10 am <i>Aysla Gym</i> FUNCTIONAL TRAINING 9 am - 10 am <i>Aysla Gym</i> VINYASA YOGA 10:00 am - 11:00 am <i>Aysla Gym</i> ATHLETIC FOUNDATION 11 am - 11:30 am <i>Aysla Gym</i> GAP 5 pm - 6 pm <i>Aysla Gym</i> SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i> Spritz O' Clock 6 pm - 8 pm <i>Saba Bar</i> YOGA 6 pm - 7 pm <i>Aysla Gym</i>	EXPRESS WORKOUT 8.30 am - 9 am <i>Aysla Gym</i> YOGA 9 am - 10:15 am <i>Aysla Gym</i> CROSS TRAINING 10:15 am - 11:15 am <i>Aysla Gym</i> HEALTHY BACK 11:15 am - 12:15 pm <i>Aysla Gym</i> EXPRESS WORKOUT 2 pm - 2.30 pm <i>Aysla Gym</i> STRETCHING 2.30 pm - 3 pm <i>Aysla Gym</i> FUNCTIONAL 5 pm - 6 pm <i>Aysla Gym</i> SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i> Spritz O' Clock 6 pm - 8 pm <i>Saba Bar</i> PILATES 6 pm - 7 pm <i>Aysla Gym</i>	STEP 9 am - 10 am <i>Aysla Gym</i> AQUAGYM 9 am - 10 am <i>La Cala Pool</i> PILATES 10 am - 11 am <i>Aysla Gym</i> HYPOPRESSIVES 11am - 11:30 am <i>Aysla Gym</i> HEALTHY BACK 5pm - 6 pm <i>Aysla Gym</i> SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i> Spritz O' Clock 6 pm - 8 pm <i>Saba Bar</i> CROSSTRAINING 6 pm - 7 pm <i>Aysla Gym</i> SOUND BOWL EXPERIENCE 6:15 pm - 7:15 pm <i>Aysla Gym</i>	EXPRESS WORKOUT 8:30 am - 9 am <i>Aysla Gym</i> CROSS TRAINING 9 am - 10am <i>Aysla Gym</i> HEALTHY BACK 10am - 11 pm <i>Aysla Gym</i> PILATES 11 am - 12 am <i>Aysla Gym</i> EXPRESS WORKOUT 2pm - 2.30 pm <i>Aysla Gym</i> EXPRESS WORKOUT CORE 2.30 pm - 3 pm <i>Aysla Gym</i> VINYASA YOGA 5 pm - 6 pm <i>Aysla Gym</i> FUNCTIONAL 5.30 pm - 6:30 pm <i>Aysla Gym</i> SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i> Spritz O' Clock 6 pm - 8 pm <i>Saba Bar</i> PILATES 6:30 pm - 7:30 pm <i>Aysla Gym</i>	AQUAGYM 9 am - 10 am <i>Aysla Gym</i> POWER YOGA 9 am - 10 am <i>Aysla Gym</i> GAP 10 am - 11 am <i>Aysla Gym</i> EXPRESS WORKOUT 11:00 am - 11:30 am <i>Aysla Gym</i> SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i> Spritz O' Clock 6 pm - 8 pm <i>Saba Bar</i> PILATES 5:30 pm - 6:30 pm <i>Aysla Gym</i> STRETCHING 6:30 pm - 7 pm <i>Aysla Gym</i>	CORE 9 am - 10 am <i>Aysla Gym</i> PILATES 10 am - 11 am <i>Aysla Gym</i> FACIAL YOGA CODAGE 11 am - 12:30 pm <i>Saba Bar</i> HYPOPRESSIVES 12 pm - 1 pm <i>Aysla Gym</i> CROSS TRAINING 4 pm - 5 pm <i>Aysla Gym</i> SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i> Spritz O' Clock 6 pm - 8 pm <i>Saba Bar</i>	SUNRISE YOGA 9 am - 10 am <i>Aysla Gym</i> FUNCTIONAL TRAINING 10 am - 11 am <i>Aysla Gym</i> HEALTHY BACK 11 am - 12 Pm <i>Aysla Gym</i> FLORAL WORKSHOP 11 am - 12:30 pm <i>Saba Bar</i> LIVE MUSIC 1 pm - 5 pm <i>Zayt Pool Club</i> FUNCTIONAL TRAINING 4:30 pm - 5:30 pm <i>Aysla Gym</i> SOCIAL HOUR 5 pm - 6 pm <i>Bodega</i> Spritz O' Clock 6 pm - 8 pm <i>Saba Bar</i>

