



BRYNMEADOWS
GOLF · HOTEL · SPA



FUSION · SPA
& wellness

FUSION GYM CLASSES

Monday

Time	Location	Class
9:00 am - 9:45 am	Gym	HIIT
10:30 am - 11:00 am	Poolside	Aqua Aerobics
6:00 pm - 6:45 pm	Barn	Circuits

Tuesday

Time	Location	Class
9:00 am - 9:45 am	Gym	Lower & Core
6:00 pm - 6:30 pm	Poolside	Aqua Aerobics

Wednesday

Time	Location	Class
9:00 am - 9:45 am	Gym	Boxing HIIT
10:30 am - 11:00 am	Poolside	Aqua Aerobics
6:00 pm - 6:45 pm	Barn	Bootcamp

Thursday

Time	Location	Class
9:00 am - 9:45 am	Gym	Kettlebells
7:00 pm - 7:45 pm	Barn	Kettlebells

Friday

Time	Location	Class
9:00 am - 9:45 am	Gym	Circuits

Saturday

Time	Location	Class
9:00 am - 9:45 am	Gym	HIIT

Sunday

Time	Location	Class
9:00 am - 9:45 am	Gym	Circuits