



Versa Training & Island Ride Studio Cycling

Salt Mills Plaza, Grace Bay, Providenciales
(649) 441-8686

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am		Spin 55 min		Spin 55 min		9:00am ** Intro to Zumba starts in May	9:00am ** Military Sunday 90 min
8:00am	Step Interval 55 min	Step Interval 55 min		Step Interval 55 min	Step Interval 55 min	<ul style="list-style-type: none"> • Air conditioned studio & weight room • Great rates • Personal training • Qualified trainers & instructors • Lockers & showers • Friendly atmosphere 	
12:00pm	Core 25 min		Spin 25 min		Core 25 min		
12:30pm	Spin 25 min		Yoga 25 min		Spin 25 min		
5:30pm	Step 55 min	Bootcamp 55 min Zumba starts in May	Spin 55 min	Body Sculpt 55 min	5:15pm Spin 45 min		
6:30pm	** Killer Abs 45 min		** Killer Abs 45 min				

Classes **free** for members, excluding ** specialty classes.

** David Bowen's Yoga Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	** Yoga 60 min		Yoga 60 min		Yoga 60 min		
9:00am						Yoga 60 min	
6:30pm		Yoga 60 min		Yoga 60 min			

Prices

Full Facility Use Specialty Classes (including yoga) and Class only drop-in for non-members

\$20 day pass \$12 members \$18 non-member
\$60 week pass \$100 ten visit card members \$150 ten visit card non-members

Classes **free** for members, excluding ** specialty classes.

Hours

Monday to Thursday 6am - 2pm / 4pm - 8pm
Friday 6am - 2pm / 4pm - 7pm
Saturday and Sunday 8am - 1pm
Public Holidays 9am - 12pm

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