



# Versa Training & Island Ride Studio Cycling

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

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM 1 HOUR		SPIN					
8:00 AM 1 HOUR	STEP		STEP		STEP		
9:00 AM 1 HOUR							MILITARY SUNDAY 1.5 hours
9:30 AM 1 HOUR			ZUMBA				
10:30 AM 1 HOUR	ZUMBA				ZUMBA		
12:00 PM 30 MIN	CORE		SPIN		CORE		
12:30 PM 30 MIN	SPIN		YOGA		SPIN	<ul style="list-style-type: none"> <li>- Air conditioned studio &amp; weights room</li> <li>- Great rates</li> <li>- Personal training</li> <li>- Qualified trainers &amp; instructors</li> <li>- Lockers &amp; showers</li> <li>- Friendly atmosphere</li> </ul>	
5:30 PM 30 MIN		CORE		SPIN (55 Min)			
6:00 PM 30 MIN		SPIN					
6:30PM 1 Hour							

## David Bowen's Yoga Schedule \*\*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	YOGA		YOGA		YOGA		
6:30 PM		YOGA		YOGA			

### Full Facility Use

\$20 Day Pass  
\$60 Week Pass

### Class Only

\$15 Single Class  
\$120 10 Visit Card

### \*\* David Bowens Yoga

\$12 members  
\$100 10 Visit Card (members)  
\$ 18 non members  
\$150 10 visit card ( non members)

### Hours

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

Saltmills Plaza • Grace Bay • Providenciales  
Phone 441 8686 • Email; theathleticclub@tcwayway.tc  
www.athleticclubnet.com •Facebook; TAC Turks and Caicos