



Versa Training & Island Ride Studio Cycling

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

— July 2011 Schedule —

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30am		Spin 55 min		Spin 55 min			9:00am Military Sunday **	
8:00am	Step 55 min	Circuit 55 min		Step 55 min	Circuit 55 min			
9:00am						<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	New Core 25 min	Body Sculpt 55 min	5:30pm Spin 45 min			
6:00pm	Zumba ** 55 min		Spin 55min					

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			

Full Facility Use

\$20.00 day pass
\$60.00 week pass

Class Only

\$18.00 single class
\$150.00 10 visit card

** Specialty Class (Members)

\$12.00
\$100.00 10 visit card

Hours

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

Saltmills Plaza, Grace Bay • Providenciales
Phone: 441 8686 • Email: theathleticclub@tcivay.tc
www.athleticclubnet.com

