



ZOE'S ACTIVITIES

*For Your Mind
Body & Soul*

Kids Club

JOIN US

MONDAY - SATURDAY

MORNING

11:00 - 13:00

AFTERNOON

16:00 - 18:00

FOR CHILDREN AGED
4 - 12 YEARS

MONDAY

10:00 - 10:45

Aqua Aerobics

15:00 - 15:45

Pilates

TUESDAY

10:00 - 10:45

Morning Exercise

15:00 - 15:45

Yoga

WEDNESDAY

10:00 - 10:45

Morning Stretch

15:00 - 15:45

Pilates

THURSDAY

10:00 - 10:45

Aqua Aerobics

15:00 - 15:45

Yoga

FRIDAY

10:00 - 10:45

Morning Exercise

15:00 - 15:45

Pilates

SATURDAY

10:00 - 10:45

Morning Stretch

15:00 - 15:45

Yoga