



PHOKEETHRA  
SPORTS CLUB

# GROUP EXERCISE SCHEDULE

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	7:00AM		YOGA (KATY STUDIO)		BODY WEIGHT MR. POLIN			
	8:00AM							
	9:00AM					YOGA (KATY STUDIO)	CARDIO MR. ETH	
10:00AM								
AFTERNOON	1:00PM					K-POP FOR KIDS	HIPHOP FOR KIDS	
	2:00PM							
EVENING	7:00PM		ZUMBA (KATY STUDIO)		LATIN DANCE (KATY STUDIO)			
	8:00PM							
	9:00PM							
	10:00PM							

18 USD PER SESSION FOR NON-MEMBERS  
 FREE FOR HOTEL GUESTS AND PHOKEETHRA SPORTS CLUB MEMBERS  
 GROUP EXERCISE CLASSES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE  
 FOR MORE DETAILS AND BOOKING: +855 (0)81 222 042

*Price is inclusive of 7% service charge and 10% VAT*