



Summer Program 2011

Starting Monday 25 July until Sunday 28 August.

We are open during this period:

Mondays: 11.30-14.00 and 17.00-20.30

classes: 12.30 Body Shape, 18.00 Pump, 19.00 Spinning

Tuesdays: 8.30-14.00 and 17.00-20.30

classes: 12.30 Pump, 12.30 Spinning, 18.00 Spinning

Wednesday: 11.30-14.00 and 17.00-20.30

classes: 12.30 Spinning, 17.30 Abs, 18.30 Spinning

Thursdays: 8.30-14.00 and 17.00-20.30

classes: 12.45 Zumba, 18.00 Spinning, 19.10 Core Training

Fridays: 8.30-14.00

classes: 12.30 A.B.T.

Saturdays: 9.30-12.30

classes: 10.00 Spinning

Every year a lot of clients are on a holiday during this period, with up to 70% less visits as usual.

Therefore we have a summer schedule, like last years.

We hope you can manage to adapt your training planning within this schedule.

Check your fixed class reservations and please change your lessons if necessary.

Thank you for your understanding.

Team Existence.

P.S. For all those who take a holiday break, don't forget to fill in the freeze form and had it over at the reception at least 10 days before. Only in this way we can give discount or date prolongation on the membership.