

# **PULSE** **FITNESS STUDIO**

ATHENAEUM SPA , Corinthia Palace Hotel, Balzan

Tel : 2544 3001/2      www.athenaeumspa.com.mt

Email: [info@athenaeumspa.com.mt](mailto:info@athenaeumspa.com.mt)

## CLASS SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am			KINESIS*				
9:30am	PILATES*	FLEXITONE*	BUMS & TUMS(30MINS)	PILATES*	KINESIS*		
10:00am						KINESIS*	FLEXITONE*
10:30am			YOGA***				KINESIS*
2:30pm	KINESIS*		KINESIS*				
4:30pm						KINESIS*	
5:00pm		STRENGTH & TONE*				AEROBICS*	
6:00pm	AEROBICS*	AEROBICS*	AEROBICS*		FLEXITONE*		
6:30pm			KINESIS*	KICKBOXING* * (3 euro)	KINESIS*		
7:00pm	STRENGTH & TONE*	PILATES*	STRENGTH & TONE*		AEROBICS*		
7:30pm	AQUA AEROBICS* **			AQUA AEROBICS*** YOGA***			
8:00pm	YOGA***						

*RATES for PULSE Members as follows:*

\*PAYMENT PER SESSION is 3 Euro or

PACK OF 10 CLASSES = 10 Euro

7 Euro = Yoga\*\*\* & Aqua Aerobics\*\*\* or PACK OF 10 = 50 Euro

NON MEMBERS PAY A FEE OF 7 Euro FOR ALL CLASSES

*MEHFA membership* (valid from October 2009 – May 2010) = 200 Euro to join all classes on schedule above + use of indoor pool on Saturdays & Sundays from 8am – 1pm.

ALWAYS REMEMBER TO BOOK YOUR CLASSES AT RECEPTION