



FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 - 09:00		AQUA YOGA - 60' (Ms. Ngoc Tram)		AQUA YOGA - 60' (Ms. Ngoc Tram)		AQUA YOGA - 60' (Ms. Ngoc Tram)	
09:00 - 10:00							
10:30 - 11:30							VINYASA YOGA - 60' (Ms. Han)
16:00 - 17:00						PILATES - 60' (Ms. Quyen)	
16:30 - 17:30							VINYASA YOGA - 60' (Ms. Han)
17:45 - 18:45					AQUA ZUMBA - 60' (Ms. Lien)		
18:00 - 19:00	VINYASA YOGA - 60' (Ms. Ha)		PILATES - 60' (Ms. Quyen)				
18:30 - 19:45		Hatha Yoga - 75' (Ms. Ngoc Tram)		Hatha Yoga - 75' (Ms. Ngoc Tram)			

- + Due to unforeseen circumstances, the company is entitled to change fitness schedule without prior notice.
- + Private coaching by appointment only.
- + Outdoor activities might be cancelled subjected to weather conditions.

L'Apothiquaire Spa & Retreat

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