



CONRAD

MACAO, COTAI CENTRAL

澳门金沙城中心康莱德酒店

CONRAD FITNESS

FITNESS CLASS MONTHLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 18:45 -19:45	POWER CORE 18:45 -19:45	METABOLIC CONDITIONING 18:45 -19:45	YOGA 18:45 -19:45	TONED LEGS 18:45 -19:45		SCULPTED ARMS 18:45 -19:45