

HEALTH CLUB

AT SHANGRI-LA

GROUP classes

MONDAY

zumba

7AM | 60 MINUTES
COACH FRENZY GUCOR

HEALTH CLUB STUDIO
PHP600 NET

TUESDAY

yoga

7AM | 60 MINUTES
MARILYN SOTERO

HEALTH CLUB STUDIO
PHP600 NET

WEDNESDAY

strong NATION

7AM | 60 MINUTES
COACH FRENZY GUCOR

HEALTH CLUB STUDIO
PHP600 NET

THURSDAY

pilates

7AM | 60 MINUTES
COACH GERALD SUPERIO

HEALTH CLUB STUDIO
PHP600 NET

FRIDAY

RAISE THE barre

7AM | 60 MINUTES
COACH DEBORAH AFUANG

HEALTH CLUB STUDIO
PHP600 NET

sgt. ken BOOTCAMP™

7PM | 60 MINUTES
HEALTH CLUB STUDIO

HIIT training

7PM | 60 MINUTES
HEALTH CLUB STUDIO

synergy CIRCUIT

7PM | 60 MINUTES
HEALTH CLUB STUDIO

the BOXMASTER®

7PM | 60 MINUTES
HEALTH CLUB STUDIO

sgt. ken BOOTCAMP™

7PM | 60 MINUTES
HEALTH CLUB STUDIO

SATURDAY

stability & MOBILTY

8AM | 60 MINUTES | COACH JOSH MONOHARAN, PTRP
HEALTH CLUB STUDIO

SUNDAY

outdoor CIRCUIT

7PM | 60 MINUTES | HEALTH CLUB STUDIO