



PMYC SPORTS CLUB

CLASS SCHEDULE / JUNE 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:15 - 09:45	HATHA YOGA (Intermediate)		HATHA YOGA (Intermediate)		HATHA YOGA (Intermediate)		
09:00 - 10:15						ASHTANGA YOGA	
10:00 - 11:10	HATHA YOGA (Beginner)		HATHA YOGA (Beginner)		HATHA YOGA (Beginner)		
10:30 - 12:00							HOT YOGA
17:10 - 18:10		HATHA YOGA (Open Level)		HATHA YOGA (Open Level)			
18:15 - 19:00	HIIT (High Intensity Interval Training)			HIIT (High Intensity Interval Training)			
18:15-19:15		STOTT PILATES	STOTT PILATES OUTDOOR		STOTT PILATES		
18:15-19:30	ASHTANGA YOGA						
19:30-20:30					FULL BODY WORKOUT WITH KETTLEBELLS		
19:30-20:30		KANGOO JUMPS FITNESS		KANGOO JUMPS FITNESS			
19:30-20:45			ASHTANGA YOGA				
19:35-20:20	FULL BODY WORKOUT WITH KETTLEBELLS						
20:30-21:30	KANGOO JUMPS FITNESS						

**Hot Yoga monthly schedule dates can be checked with PMYC Sports Club reception
 *Schedule is subject to change, please check with PMYC Sports Club Reception prior to class

ACTIVITIES	MONDAY - SUNDAY
BOWLING	09:00 - 22:00
BILLIARDS	09:00 - 22:00
TABLE TENNIS	09:00 - 22:00
SQUASH	09:00 - 22:00
TENNIS	06:00 - 22:00

GYM	MONDAY - SUNDAY
PEAK TIME	06:00 - 22:00
OFF-PEAK TIME	09:00 - 16:00
PMYC SPORTS CLUB RECEPTION	MONDAY - SUNDAY 09:00 - 22:00

PMYC SPORTS CLUB MEMBERS RECEIVE:

- Free wi-fi throughout the PMYC Sports Club
- 25% off squash court hire

PMYC MEMBERS RECEIVE:

- Sports Club services at preferential rates (corporate rates)

For more information contact PMYC Sports Club Reception
+382 (0) 32 660 744 or email scbookings@portomontenegro.com
www.portomontenegro.com/en/village/pmyc