



Punahou Fitness & Spa Group Exercise Class

Hours of operations: Monday - Friday 6:00 am - 9:00 pm, Saturday 6:00 am - 6:00 pm

All Classes are subject to change

January 2012

Website: punahouspa.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------|------------------------------|--|------------------------------------|------------------------------------|-------------------------------|
| 6:30 am Low Impact | | 6:30 am Active Older Adults Low Impact | | 7:30 am Silver & Fit Level 3 | |
| 8:00 am Free Weight & Abs | 8:00 am Cardio Kickboxing | 8:00 am Free Weight & Abs | 8:00 am Zumba | | 8:00 am Weight Core & More |
| 8:30 am Hi/Low Impact | | 8:30 am Hi/Low Impact | | | |
| | 9:00 am Tai Chi | 9:30 am Silver & Fit Level 1 | 9:15 am Silver & Fit Level 2 | 9:00 am Hi/Low Impact | 9:00 am Hi/Low Impact |
| 10:00 am Power Yoga | 10:00 am Zumba | 10:00 am Hatha Yoga | 10:00 am Self-Defense | 10:15 am Zumba | 10:30 am Zumba |
| 11:15 am Zumba Gold | | 11:15 am Hot Hula | | | 11:30 am Yoga |
| 5:00 pm Hi/Low Impact | 5:00 pm Hi/Low Impact | 5:00 pm Hi/Low Impact | 5:00 pm Hi/Low Impact | 5:00 pm Hi/Low Impact | |
| 6:15 pm Zumba | 6:00 pm Zumba | 6:15 pm Zumba | 6:15 pm Zumba | 6:15 pm Zumba | |
| | | 7:15 pm Yo-Chi | | | |