



AIRWAYS HOTEL
PORT MORESBY

GYM CLASSES SCHEDULE

Friday		Saturday		Sunday	
06.30 - 07.30	Circuit	06.30 - 07.30	Circuit	06.30 - 07.30	Circuit
08.00 - 09.00	Pirate's exercise	08.00 - 09.00	Pirate's exercise	08.00 - 09.00	Pirate's exercise
18.00 - 19.00	Circuit	18.00 - 19.00	Circuit	18.00 - 19.00	Circuit
19.30 - 20.30	Full body workout	19.30 - 20.30	Full body workout	19.30 - 20.30	Full body workout