



AIRWAYS HOTEL
PORT MORESBY

GYM CLASSES SCHEDULE

| Friday | | Saturday | | Sunday | |
|---------------|-------------|-----------------|-------------|---------------|-------------|
| 06.30 - 07.30 | Circuit | 06.30 - 07.30 | Boxing | 06.30 - 07.30 | Boxing |
| | | 08.00 - 09.00 | Mix Fitness | 08.00 - 09.00 | Mix Fitness |
| 16.30 - 17.30 | Boxing | | | | |
| 18.00 - 19.00 | Mix Fitness | 18.00 - 19.00 | Circuit | 18.00 - 19.00 | Circuit |
| 19.30 - 20.30 | Boxing | 19.30 - 20.30 | Mix Fitness | 19.30 - 20.30 | Mix Fitness |