



BANYAN TREE  
CLUB & SPA SEOUL

# ACTIVITY

# GUIDE

## FITNESS PROGRAM

### A Guide to Fitness Regular Classes

- Only Banyan Tree Seoul members can participate in the fitness class.  
(For group classes, guests may also participate.)
- If the number of applicants for group classes is not enough, the program may be canceled.
- The 1:1 class can be conducted after adjusting the time with the instructor.

### Cancellation and Refund Regulations

The participation fee will not be refunded only in the following cases.

- Cancellations made on the day of the class or no-shows.
- After confirmation of reservation or completion of payment

### Inquiries and Reservations

Fitness 02 2250 8162




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# RECREATION PROGRAM WEEKLY SCHEDULE

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00	Stretching & Core 07:00-07:30	Circuit Training 07:00-07:30	Stretching & Core 07:00-07:30	Circuit Training 07:00-07:30	Stretching & Core 07:00-07:30		
8:00				Hip Workout 08:00-08:50			
9:00		Hatha Yoga 09:00-09:50		Vinyasa Yoga 09:00-09:50			
10:00		Diet ABT 10:00-10:50	Hip Workout 10:00-10:50	Ring Therapy 10:00-10:50			
11:00			Hip Workout 11:00-11:50		Hip Workout 11:00-11:50		
14:00						Hip Workout 14:00-14:50	
15:00							
16:00	Total Body Toning 16:00-16:50		Upper Body 16:00-16:50		Lower Body 16:00-16:50		
17:00							
19:00	Spine Alignment 19:00 - 19:50	Vinyasa Yoga 19:00 - 19:50		Core Yoga 19:00 - 19:50	Spine Alignment 19:00 - 19:50		
20:00	Foam Roller EX 20:00-20:50	Prop Recovery 20:00-20:50	Circling EX 20:00-20:50	Prop Recovery 20:00-20:50	Gym Ball EX 20:00-20:50		

Classes may change due to instructor availability.

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 유료강좌 Chargeable