



BANYAN TREE
CLUB & SPA SEOUL

ACTIVITY

GUIDE

FITNESS PROGRAMME

A Guide to Fitness Regular Classes

- Only Banyan Tree members can participate in the fitness class.
- For group classes, Banyan Tree members and guests can 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.

- For same-day cancellations and No Show
- After confirmation of reservation or completion of payment

Inquiries and reservations

Fitness 02 2250 8162



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RECREATION PROGRAMME 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							
9:00		Hatha Yoga 09:00-09:50		Vinyasa Yoga 09:00-09:50			
10:00		Diet ABT 10:00-10:50		Ring Therapy 10:00-10:50			
14:00							
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	From Recovery 20:00-20:50	Circling EX 20:00-20:50	Foam Roller Stretching 20:00-20:50	Gym Ball EX 20:00-20:50		

Chargeable

- Some classes may change depending on the instructor's circumstances.

- **Inquiry** Fitness 02 2250 8162