



Cayman Sports Winter Schedules

Check back for schedule changes or contact Warren at **926.7226** or email: **info@caymansports.net** for further information.

Grand Cayman Beach Suites, Roof Top Yoga Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM			Yoga		Yoga	
8:00 AM		Aqua Fit		Aqua Fit		Yoga Athletes
9:00 AM		Yoga			Yoga	Yoga Adv1:45 hrs
5:30 PM		Gentle Yoga				
5:45 PM				Yoga		
6:00 PM	Yoga		Yoga			
6:45-8:00PM		Yoga Adv				
7:00 PM				Gentle Yoga		
7:30 PM	Ladies BoxFit		Mixed BoxFit			

Camana Bay Classes At The Crescent

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	BeachFit	BeachFit	BeachFit	BeachFit		
6:30 AM		Yoga		Yoga		
8:00 AM	BabyBuggyFit					
8:30 AM			BabyBuggyFit			

Private Classes

Contact us to arrange customised classes to fit your schedule.
Please review our cancellation policy.

Cancellation Policy

Due to excessive demand, Cayman Sports operates sessions on a 24 hour cancellation policy. This protects our employees from lost earnings. It is also difficult to fill the allocated time slot on short notice. Classes or private lessons/training cancelled with less than 24 hours notice will be charged for.