

PLAY COOL AT CASSIA

MON/TUE

CASSIA AQUA DANCE
Mon 9:00-9:45 a.m.
Tue 3:00-3:45 p.m.

@Main pool (Cassia 1)



TUESDAY



CASSIA HIIT
9:00-9:45 a.m.
@Lagoon deck

**WEDNESDAY
AND FRIDAY**

CASSIA MORNING STRETCH

9:00-9:45 a.m.
@Lagoon deck



CASSIA MUAY THAI

THURSDAY

9:00-9:45 a.m.
@Lagoon deck

****To join, contact
our Cassia friends
to book in advance.**