



WINTER CLASS TIMETABLE

| MONDAY | |
|-------------------|-------------------------|
| 7.00am – 8.00am | MONDAY MORNING MIX |
| 10.15am – 11.00am | CARDIO CORE |
| 6.00pm – 6.30pm | SPIN |
| 6.30pm – 7.15pm | BODY CONDITIONING |
| TUESDAY | |
| 10.15 – 11.00am | FULL BODY BLAST |
| 6.00pm – 7.00pm | BOX FIT |
| 8.45pm – 9.45pm | **YOGA** |
| WEDNESDAY | |
| 5.00pm – 6.00pm | PILATES |
| 6.00pm – 7.00pm | 30:30 |
| THURSDAY | |
| 10.15am – 11.00am | BODY CONDITIONING |
| 12.15pm – 1.15pm | **YOGA** |
| 6.00pm – 7.00pm | SPIN & PUMP |
| FRIDAY | |
| 7.00am – 8.00am | FRIDAY MORNING CIRCUITS |
| 6.00pm – 7.00pm | YOGA |
| 6.00pm – 7.00pm | CIRCUITS |
| SATURDAY | |
| 9.30am – 10.00am | CARDIO BLAST |
| 10.00am – 10.45am | SWISSBALL |

****5 SPACES FREE FOR MEMBERS****

ALL OTHER CLASSES FREE TO MEMBERS AND MUST BE PRE-BOOKED UP TO 1 WEEK

IN ADVANCE USING OUR FITNESS CLASS BOOKING APP – GYMSYNC

IF UNABLE TO ATTEND PLEASE CANCEL YOUR CLASS

