

# GROUP FITNESS TIMETABLE

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

*Saturday*

H.I.I.T

6:15am

SPIN

6:15am

SWEAT

6:15am

YOGA

7:00am

YOGA

8:30am



H.I.I.T

4:15pm

H.I.I.T

4:15pm

BOXING  
FITNESS

4:40pm

BOXING  
BOOTCAMP

4:40pm

YOGA

5:00pm

PILATES

5:15pm

DANCE

6:00pm



SPIN

6:30pm



Included in the membership.



Fitness On Demand: Included in the membership. All classes are held in the group fitness room. If the screen is off, or you need assistance please ask one of our helpful staff members.

MONDAY TO FRIDAY: 6-9 am, 12-8 pm

SATURDAY: 8-11am

SUNDAY & PUBLIC HOLIDAYS: **CLOSED**

To join or stay updated with the latest classes, Scan the QR code

