







### GROUP FITNESS STUDIO

STAFFED HOURS	5am - 8pm	5am - 8pm	5am - 8pm	5am - 8pm	5am - 6.30pm	7am - 4pm	7am - 4pm
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	<b>CIRCUIT</b>	<b>ABT45</b>	BOXING	<b>CIRCUIT</b>	<b>LES MILLS BODYPUMP</b>		
7:30 AM						<b>CIRCUIT</b>	
8:00 AM							
9:15 AM	<b>LES MILLS BODYPUMP</b>	<b>ABT45</b>		<b>LES MILLS BODYPUMP</b>	<b>LES MILLS tone</b>		
10:00 AM							
4:00 PM							
5:30 PM	<b>ABT45</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS tone</b>	<b>ABT45</b>			
6:00 PM							
6:30 PM		<b>RnB Sneakers</b>					





### CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	<b>LES MILLS sprint</b>	<b>LES MILLS RPM</b>	<b>LES MILLS sprint</b>	<b>LES MILLS RPM</b>	<b>LES MILLS sprint</b>		
7:00 AM						<b>LES MILLS sprint</b>	<b>LES MILLS sprint</b>
9:15 AM	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>		
5:30 PM		<b>LES MILLS RPM</b>					
6:00 PM	<b>LES MILLS sprint</b>			<b>LES MILLS sprint</b>			

### BOXING

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30 AM					MUAY THAI		
5.30 PM		MUAY THAI		MUAY THAI			
6.30 PM		MUAY THAI	SPARRING	MUAY THAI			

### MIND AND BODY STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 AM							
8.00 AM					CHAIR YOGA	VINYASA YOGA	
9.00 AM	SLOW FLOW		 HOT YOGA	HATHA YOGA	SLOW FLOW		
9.30 AM		HATHA YOGA			 Member		
10:00AM				YIN YOGA			
10:30AM		RESTORATIVE YOGA					
4:00 PM							HATHA YOGA
5:30 PM		YIN YOGA					
6:00PM	 HOT YOGA		RESTORATIVE YOGA	SLOW FLOW			
6:30 PM		HATHA YOGA					

**Members please remember the following**

Bring a towel and water bottle to your class.

When using the booking system, unbook if you cannot make a class.

Wipe down any equipment you use during class. This includes bikes, yoga mat etc..

Scan to  
Book  
Here

