





RPM Studio

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6:10am							
8:30am							
9:30am							
6:30pm							

Group Fitness Studio

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
9:30 am		Yoga Vinyasa Flow (9:00am)			Yoga Restorative Slow Flow		 (9.15am) Express Class
10:30 am		Pilates			Meditation (30mins)		
11:30am	Active Adults	Active Adults	Active Adults	Active Adults			
5:30 pm							
6:00 pm	Boxing 45mins	HIIT Circuit 30mins					
6.30 pm				Boxing			
7.00 pm		Yoga Restorative					
7:30pm			Pilates				

**Timetable
Starting
April/May
2019**

**CLASS OF
THE MONTH:
Pilates**
Bring a
friend to try
for FREE!

Opening Hours:

Mon-Thurs:
6am - 9pm
Friday: 6am - 8pm
Sat: 8am - 3pm
Sun: 9am - 1pm

