






## RPM Studio

| Time   | Mon   | Tue   | Wed  | Thur  | Fri   | Sat   | Sun  |
|--------|---|---|--|---|---|---|--|
| 6:10am |  |   |  |  |   |   |  |
| 8:30am |   |   |  |   |   |  |  |
| 9:30am |   |  |  |   |  |   | <br>(10 am) |
| 6:30pm |  |   |  |   |   |   |  |

## Group Fitness Studio

| Time     | Mon   | Tue           | Wed   | Thur          | Fri                    | Sat   | Sun                             |
|----------|---|---------------|---|---------------|------------------------|---|---------------------------------|
| 9:30 am  |    | Yoga 9:00am   |    |               | Yoga                   |  | (9.15am)<br>Bodypump<br>Express |
| 10:30 am |   | Pilates       |   |               | Meditation<br>(30mins) |   |                                 |
| 11:30am  | Active Adults   | Active Adults |   | Active Adults |                        |   |                                 |
| 5:30 pm  |   |               | THT (Tummy,<br>Hips & Thighs)   |               |                        |   |                                 |
| 6:00 pm  | THT (Tummy<br>Hips & Thighs)  |               |   |               |                        |   |                                 |
| 6.30 pm  |   |               |  | Boxing        |                        |   |                                 |
| 7.00 pm  |  | Cardio HIIT   |   |               |                        |   |                                 |
| 7:30pm   |   |               | Pilates   | Yoga          |                        |   |                                 |

**Timetable  
Starting  
1st  
May**

**CLASS OF  
THE MONTH:**

**Tummy, Hips  
& Thighs**



**Bring a friend  
to try  
For FREE\***

