




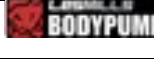






Group Fitness Studio

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6:10am							
8:30am							
9:30am				Pilates	 Stretch n relax		915 Express 
10:30 am		Pilates					
11:30am	Active adults	Active Adults	Active Adults	Active Adults			
5:30 pm				Pound			
6:00 pm		HIIT					
6.30 pm	 			Boxing	 First week each month		
7.00 pm			715pm Pilates				

Timetable Starting

November
2021

Opening Hours:

Mon-Thurs:

6am - 9pm

Friday: 6am - 8pm

Sat: 8am - 3pm

Sun: 9am - 1pm

