










RPM Studio

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

Group Fitness Studio

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

Timetable

CLASS OF
THE MONTH:

Yoga



Yoga
For FREE*

