



GROUP FITNESS CLASS TIMETABLE

STAFFED HOURS

MON - THU
8 AM - 8 PM

FRIDAY
8 AM - 6 PM

SATURDAY
8 AM - 1 PM

CRECHE HOURS

MON - SAT
8 AM - 12 PM

MON - THU
4:30 PM - 7:30 PM

	MON	TUE	WED	THU	SAT
MORNING					
8:30 AM	reformer	 PILATES	reformer		
9:00 AM					 BOXFIT
9:30 AM	STRETCH		STRETCH		
10:00 AM					 PILATES
EVENING					
5:00 PM				 FUSE	
6:00 PM	reformer	 PILATES	reformer	 PILATES	
7:00 PM	STRETCH	 YOGA	 YOGA		