

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

MONDAY 9 MARCH

FACILITY OPERATIONAL HOURS
8AM- 4PM

GROUP FITNESS STUDIO

9:30AM SENIOR CIRCUIT
10:30AM SENIOR CIRCUIT
11:30AM STAY ON YOUR FEET (ENTRY)

CYCLE STUDIO

8:15AM CYCLE

AQUA

9:30AM AQUA MOVERS
10:45AM AQUA MOVERS
11:45AM AQUA FLOW

CONNECT30 - GYM FLOOR

12:00PM C30 AEROBIC

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REFORMER PILATES STUDIO

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|---------|-----------------------------|
| 9:15AM | REFORMER PILATES |
| 10:15AM | REFORMER PILATES (HYBRID) |
| 11:15AM | REFORMER PILATES (BEGINNER) |
| 12:15PM | REFORMER PILATES |
| 2:30PM | REFORMER (VIRTUAL) |

MULTIPURPOSE STUDIO

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| 9:45AM | YOGA (POWER FLOW) |
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