

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

TUESDAY 4 NOVEMBER

FACILITY OPERATIONAL HOURS
8AM- 4PM

GROUP FITNESS STUDIO

8:15AM	MOMENTUM
9:30AM	CORE & MORE
10:30AM	MOMENTUM
11:30AM	PRIME MOVERS
12:30PM	PILATES

CYCLE STUDIO

9:15AM	SPIN
12:15PM	RPM (VIRTUAL)

AQUA

8:30AM	AQUA MOVERS
9:30AM	AQUA HIIT

CONNECT30 - GYM FLOOR

12:00PM	C30 FUNCTIONAL
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TUESDAY 4 NOVEMBER

FACILITY OPERATIONAL HOURS
8AM- 4PM

REFORMER PILATES STUDIO

8:15AM	REFORMER BEGINNER
9:15AM	REFORMER INTERMEDIATE
10:15AM	REFORMER
11:15AM	REFORMER (VIRTUAL)
1:30PM	REFORMER (VIRTUAL)

MULTIPURPOSE STUDIO

9:15AM	YOGA (KUNDALINI)
10:30AM	YOGA (CHAIR)