

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

TUESDAY 5 NOVEMBER

FACILITY OPERATIONAL HOURS
8AM- 4PM

REFORMER STUDIO

8.15AM	REFORMER PILATES (VIRTUAL)
9.15AM	REFORMER PILATES (INTERMEDIATE)
10.15AM	REFORMER PILATES
11.15AM	REFORMER PILATES (VIRTUAL)
1.30PM	REFORMER PILATES (VIRTUAL)

MULTI PURPOSE STUDIO

9.15AM	YOGA (KUNDALINI)
10.30AM	YOGA (CHAIR)

AQUA

8.30AM	AQUA MOVERS
9.30AM	AQUA HIIT
10.45AM	AQUA MOVERS
11.45AM	AQUA WARM

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TUESDAY 5 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	CYCLE
12.15PM	RPM (VIRTUAL)

CONNECT30 - GYM FLOOR

12.00PM	C30 FUNCTIONAL
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