

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

MONDAY 26 JANUARY

FACILITY OPERATIONAL HOURS
8AM- 4PM

GROUP FITNESS STUDIO

9:30AM	SENIOR CIRCUIT
10:15AM	SENIOR CIRCUIT
11:30AM	STAY ON YOUR FEET (ENTRY)

CYCLE STUDIO

8:15AM	CYCLE
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AQUA

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

CONNECT30 - GYM FLOOR

12:00PM	C30 AEROBIC
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GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

TUESDAY 4 NOVEMBER

FACILITY OPERATIONAL HOURS
8AM- 4PM

REFORMER PILATES STUDIO

9:15AM	REFORMER PILATES
10:15AM	REFORMER PILATES
11:15AM	REFORMER PILATES
2:30PM	REFORMER (VIRTUAL)

MULTIPURPOSE STUDIO

9:45AM	YOGA (POWER FLOW)
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