

GOOD FRIDAY, APRIL 3

FACILITY CLOSED

EASTER SATURDAY, APRIL 4

8AM - 4PM

SEE OVERLEAF FOR GROUP FITNESS TIMETABLE
NO SWIMMING LESSONS

EASTER SUNDAY, APRIL 5

8AM - 4PM

SEE OVERLEAF FOR GROUP FITNESS TIMETABLE
NO SWIMMING LESSONS

EASTER MONDAY, APRIL 6

8AM - 4PM

SEE OVERLEAF FOR GROUP FITNESS TIMETABLE
NO SWIMMING LESSONS

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

SATURDAY 4 APRIL

FACILITY OPERATIONAL HOURS
8AM- 4PM

MULTI PURPOSE STUDIO

8:05AM YOGA (VINYASA)
9:15AM YOGA (YIN)
10:30AM MEDITATION

REFORMER STUDIO

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

GROUP FITNESS STUDIO

8:15AM BODY PUMP
9:30AM CORE & MORE

AQUA

8:30AM WARM AQUA
9:30AM AQUA FLOW
10:30AM WARM AQUA

CYCLE STUDIO

9:15AM RPM (VIRTUAL)
10:15AM SPIN

CONNECT30 - GYM FLOOR

8:30AM C30 PLUS
9:30AM C30 PLUS

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

SUNDAY 5 APRIL

FACILITY OPERATIONAL HOURS
8AM- 4PM

AQUA

8:30AM AQUA DEEP
9:30AM AQUA DEEP
10:30AM AQUA FLOW

CYCLE STUDIO

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

REFORMER STUDIO

10:15AM REFORMER (VIRTUAL)
12:15PM REFORMER (VIRTUAL)
2:30PM REFORMER (VIRTUAL)

GROUP FITNESS STUDIO

8:15AM STRENGTH & CORE

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

MONDAY 6 APRIL

FACILITY OPERATIONAL HOURS
8AM- 4PM

MULTI PURPOSE STUDIO

9:45AM YOGA (POWER FLOW)

REFORMER STUDIO

8:15AM REFORMER MOMENTUM
9:15AM REFORMER
10:15AM REFORMER HYBRID
11:15AM REFORMER BEGINNER
2:30PM REFORMER (VIRTUAL)

GROUP FITNESS STUDIO

8:15AM PILATES
9:30AM SENIOR CIRCUIT
10:30AM SENIOR CIRCUIT
11:30AM STAY ON YOUR FEET

AQUA

9:30AM AQUA MOVERS
10:45AM AQUA MOVERS
11:45AM AQUA FLOW
2:00PM AQUA MOVERS

CYCLE STUDIO

8:15AM CYCLE

CONNECT30 - GYM FLOOR

12:00PM C30 AEROBIC