

2019 Class Timetable

Mondays		9.30am Body Tone Workout 45mins	10.15am Yoga 1hr	10:30am Aqua Aerobics 30mins	6.30pm Indoor Cycling** 45mins		
Tuesdays	7.15am Early Bird Aqua 30mins	9.15am Wake up! Spin 30mins	10.00am Pilates* 1hr			7.30pm Pilates* 1hr	
Wednesdays		9.30am Body Blast 45mins-1hr	10.30am Aqua Aerobics 30mins		6.15pm Spin and Circuits 1hr	7.30pm Yoga 1hr	8.30pm Yoga (<i>Beginners</i>) 1hr
Thursdays	7.15am Early Bird Aqua 30mins	9.30am Circuits 45mins-1hr	10.30am Pilates* 1hr		6.30pm Indoor cycling** 45mins		
Fridays		9.30am Body tone/Circuits 45mins	10.30am Aqua Aerobics 30mins				

*Denotes extra charge

**No reserving bikes for other people. Indoor cycling-must sign in at reception. Sign-in opens 30mins before class @ 6pm Mon & Thurs.

Please Note:

Class schedule may vary from time to time. Each class needs minimum 3 participants to go ahead.
For safety & hygiene purposes, a towel and water are compulsory.
Please arrive 5mins before start time. Instructors reserve the right to deny late-comers to a class.