

Class Timetable

Mondays	9.30am Body Tone <u>40mins</u>	10.15am Yoga <u>1hr</u>	11:00am Aqua Aerobics <u>30mins</u>		6.30pm Indoor Cycling** <u>45mins</u>		
Tuesdays	9.30am Wake up! Spin <u>30mins</u>		11:00am Aqua Aerobics <u>30mins</u>		6.00pm Body Tone/Circuits <u>45 mins</u>		
Wednesdays	9.30am Body Tone <u>45mins-1hr</u>		11.00am Aqua Aerobics <u>30mins</u>		6.00pm Spin & Circuits <u>45 mins</u>	7.30pm Yoga <u>1hr</u>	8.30pm Yoga (<i>Beginners</i>) <u>1hr</u>
Thursdays	9.30am Spin & Circuits <u>45mins</u>		11:00am Aqua Aerobics <u>30mins</u>		6.30pm Indoor cycling** <u>45mins</u>		
Fridays	9.30am Body tone/Circuits <u>45mins</u>		11.00am Aqua Aerobics <u>30mins</u>		6.00pm Body Tone/Circuits <u>45 mins</u>		

**No reserving bikes for others.

Please Note:

Classes must be pre-booked at reception.
 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 sanitise all equipment before and after use.
 Please arrive 5mins before start time.
 Instructors reserve the right to deny late-comers to a class.