

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

WEDNESDAY 26 JANUARY

FACILITY OPERATIONAL HOURS
8AM- 4PM

MULTI PURPOSE STUDIO

10.30AM VINYASA YOGA

REFORMER STUDIO

9.15AM REFORMER PILATES

GROUP FITNESS STUDIO

9.30AM DANCE

AQUA

8.30AM AQUA DEEP

9.30AM AQUA MOVERS

10.30AM AQUA MOVERS

CYCLE STUDIO

9.00AM GROUP CYCLE