

GYM GROUP FITNESS

13 NOV 2023 - 5 FEB 2024

MON	TUE	WED	THU	FRI	SAT	SUN
BOOTCAMP 6AM		BOOTCAMP 6AM		BOOTCAMP 6AM		
	BODYPUMP® 7AM	BODYATTACK® 7AM	PILATES 7AM		FLOW HATHA 8:30-10AM 90 MINS	
	STRENGTH & BALANCE 9.15AM		STRENGTH & BALANCE 9.15AM			BODYPUMP® 9.00AM
ZUMBA 12PM		VIN YIN YOGA 12PM		VINYASA YOGA 12PM		
PILATES 5:30PM	BODYATTACK® 4:30PM	BODYPUMP® 5:30PM	BODYATTACK® 4:30PM			
STRENGTH S+C ROOMS 6PM	VINYASA YOGA 5:30PM	STRENGTH S+C ROOMS 6PM	BODYPUMP® 5:30PM	ZUMBA 5:30PM 45 MINS		
VIN YIN YOGA 6:30PM	BOOTCAMP 6:30PM	ZUMBA 6:30PM				

WE ARE TAKING A BREAK
24 DEC 2023 - 8 JAN 2024

BOOK YOUR CLASS THROUGH **MY ACCOUNT** TO SECURE A SPOT.

PLEASE NOTE, UNLESS STATED OTHERWISE, CLASSES ARE HELD IN THE **FITNESS STUDIO** AND RUN FOR **60MINS**.

POOL GROUP FITNESS

13 NOV 2023 - 5 FEB 2024

MON	TUE	WED	THU	FRI	SAT	SUN
SWIM FIT+ 5AM	SWIM FIT+ 5AM	SWIM FIT+ 5AM	SWIM FIT+ 5AM	SWIM FIT+ 5AM		
SWIM FIT+ 6AM	AQUA FIT 7AM	SWIM FIT+ 6AM	AQUA FIT 7AM	SWIM FIT+ 6AM	SWIM FIT+ 6AM	
SWIM FIT+ 9AM		SWIM FIT+ 9AM		SWIM FIT+ 9AM		
SWIM FIT+ 12PM		SWIM FIT+ 12PM		SWIM FIT+ 12PM		
SWIM FIT+ 6PM	SWIM FIT+ 6PM	SWIM FIT+ 6PM	SWIM FIT+ 6PM			

**WE ARE
TAKING
A BREAK**
24 DEC 2023
- 8 JAN 2024

†Swim Fit is a squad program and is recommended for individuals who are confident swimming more than 500m.

TENNIS GROUP FITNESS						
CARDIO TENNIS 6PM	CARDIO TENNIS 6PM	CARDIO TENNIS 6PM	CARDIO TENNIS 6PM			

**CARDIO
TENNIS
IS TAKING
A BREAK**
18 DEC 2023
- 8 JAN 2024

BOOK YOUR CLASS THROUGH **MY ACCOUNT** TO SECURE A SPOT.

PLEASE NOTE, UNLESS STATED OTHERWISE ALL CLASSES RUN FOR **60MINS**.