

# GROUP FITNESS TIMETABLE

## Wellness Space - Ground Floor

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10am	Reformer 45mins	Mat Pilates 45min	Reformer 45mins	Mat Pilates 45mins	Reformer 45mins		
7:10am	Reformer 45mins	Yoga 45mins	Reformer 45mins	Yoga 45 mins	Reformer 45mins	Reformer 45mins	Reformer 45mins
8:10am						Reformer 45mins	Reformer 45mins
9:15am	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins		
3:15pm						Reformer 45mins	Reformer 45mins
4:15pm							Yoga 60mins
5:30pm	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins		
6:30pm	Yoga 60mins	Reformer 60mins	Yoga 60mins	Reformer 60mins			

# GROUP FITNESS TIMETABLE

## Active Space - Level 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Cycle 45mins		Cycle 45mins		Cycle 45mins		
7:15am							Core Fusion 30mins
12:30pm					Core Fusion 30mins		
5:30pm	Boxing 45 mins	Cycle 45mins	Boxing 45 mins	Cycle 45mins			
7:15pm	Core Fusion 30mins	Core Fusion 30mins	Core Fusion 30mins	Core Fusion 30mins			

# GROUP FITNESS TIMETABLE

## Functional Space - Level 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am		HIIT 30mins		HIIT 30mins			
7:15am						HIIT 30mins	
12:30pm	HIIT 30mins	Strength Circuit 45 mins	HIIT 30mins	Strength Circuit 45 mins			
2:15pm						Strength Circuit 45 mins	Strength Circuit 45 mins

## Sports Court 1 - Level 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15am		Active Adults 45mins		Active Adults 45mins			