

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wellness Space - Ground Floor							
6:10am	Reformer 45mins	Reformer 45min	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins	
7:10am	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins	
8:10am						Reformer 45mins	Reformer 45mins
9:30am	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins		Reformer 45mins
3:15pm						Reformer 45mins	Reformer 45mins
4:30pm	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins		
5:30pm	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins		
6:30pm		Reformer 45mins			Reformer 45mins		

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Space - Level 3							
6:10am		Mat Pilates 45mins		Mat Pilates 45mins			
10.15am		Active Adults 45mins		Active Adults 45mins			
12.30pm						Yoga 60mins	
4.15pm							Yoga 60mins
5:30pm	Mat Pilates 45mins		Mat Pilates 45mins				
6:30pm	Yoga 60mins		Yoga 60mins		Yoga 60mins		

FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym Floor - Level 1							
6:15am		HIIT 30 mins		HIIT 30 mins			
12:30pm	HIIT 30 mins	Strength Circuit 45 mins	HIIT 30 mins	Strength Circuit 45 mins			
2.15pm						Strength Circuit 45 mins	Strength Circuit 45 mins
6:30pm	Strength Circuit 45 mins	HIIT 30 mins	Strength Circuit 45 mins	HIIT 30 mins			
Spin Room - Level 1							
6:15am	Cycle 45 mins		Cycle 45 mins		Cycle 45 mins		
7:15am						Cycle 45 mins	
9.45am							Cycle 45 mins
5:30pm		Cycle 45 mins		Cycle 45 mins			