

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Wellness Space - Ground Floor</b>							
<b>6:10am</b>	Reformer 45mins		Reformer 45mins	Reformer 45mins	Reformer 45mins		
<b>7:10am</b>	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins		
<b>8:10am</b>		Reformer 45min				Reformer 45mins	Reformer 45mins
<b>9.00am</b>						Reformer 45mins	
<b>9:30am</b>	Reformer 45mins	Reformer 45mins	Reformer 45mins	Foundation Reformer 45mins	Foundation Reformer 45mins		Reformer 45mins
<b>10.00am</b>						Reformer 45mins	
<b>12.00pm</b>	Reformer 45mins		Reformer 45mins				
<b>3:15pm</b>						Reformer 45mins	Reformer 45mins
<b>4:30pm</b>	Reformer 45mins		Reformer 45mins		Reformer 45mins		
<b>5.00pm</b>		Reformer 45mins		Reformer 45mins			
<b>5:30pm</b>	Reformer 45mins		Reformer 45mins		Reformer 45mins		
<b>6:00pm</b>		Reformer 45mins		Reformer 45mins			

As of April 2026. Timetable subject to change.

Email [info@bundhasportscentre](mailto:info@bundhasportscentre) for more info.

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Active Space - Level 3</b>							
<b>8.15am</b>		<b>Mat Pilates</b> 45mins		<b>Mat Pilates</b> 45mins			
<b>9.15am</b>			<b>Yin Yoga</b> 60mins	<b>Slow Flow Yoga</b> 60mins			
<b>9.30am</b>	<b>Slow Flow Yoga</b> 60mins					<b>Vinyasa Yoga</b> 60mins	
<b>11.00am</b>						<b>Breathwork</b> 30mins	
<b>12.30pm</b>					<b>Slow Flow Yoga</b> 60mins		
<b>4.15pm</b>							<b>Yin Yoga</b> 60mins
<b>5:30pm</b>	<b>Mat Pilates</b> 45mins						
<b>6:30pm</b>	<b>Vinyasa Yoga</b> 60mins	<b>Restorative Yoga</b> 60mins	<b>Slow Flow Yoga</b> 60mins		<b>Yin Yoga</b> 60mins		

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gym Floor - Level 1</b>							
<b>6:15am</b>	<b>Strength Circuit</b> 45 mins	<b>HIIT</b> 45 mins	<b>Strength Circuit</b> 45 mins	<b>HIIT</b> 45 mins	<b>Bundha Run Club</b> 45 mins		
<b>8.30am</b>						<b>HIIT</b> 45 mins	<b>HIIT</b> 45 mins
<b>9.45am</b>		<b>Active Adults</b> 45mins					
<b>10.15am</b>	<b>Active Adults</b> 45mins		<b>Tai Chi</b> 45mins	<b>Active Adults</b> 45mins			
<b>12:30pm</b>	<b>HIIT</b> 45 mins	<b>Strength Circuit</b> 45 mins	<b>HIIT</b> 45 mins	<b>Strength Circuit</b> 45 mins			
<b>6:30pm</b>	<b>Strength Circuit</b> 45 mins	<b>HIIT</b> 45 mins	<b>Strength Circuit</b> 45 mins	<b>HIIT</b> 45 mins	<b>HIIT</b> 30 mins		

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spin Room - Level 1</b>							
<b>6:15am</b>	<b>Cycle</b> 45 mins		<b>Cycle</b> 45 mins		<b>Cycle</b> 45 mins		
<b>9.00am</b>							
<b>9.45am</b>							<b>Cycle</b> 45 mins
<b>5:30pm</b>				<b>Cycle</b> 45 mins			
<b>6.00pm</b>		<b>Cycle</b> 45 mins					

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