

CLASS TIMETABLE

2023

Monday

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|--------------|---------|
| Early Risers | 6.00am |
| Body Sculpt | 9.45am |
| Yoga | 10.30am |
| Aqua | 10.30am |
| Spinning | 6.10pm |
| Pilates | 7.00pm |

Tuesday

| | |
|------------------|---------|
| Group Training | 6.00am |
| Fitness Pilates | 9.45am |
| Aqua | 11.00am |
| HIIT strength | 5.50pm |
| Yin Fusion Yoga | 6.25pm |
| Nidra Meditation | 7.25pm |

Wednesday

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|------------------|---------|
| Early Risers | 6.00am |
| R30 | 9.15am |
| love fit light | 10.00am |
| Love Fit dance | 11.00am |
| Spin | 6.00pm |
| The Yoga Journey | 7.00pm |

Thursday

| | |
|------------------|---------|
| Group Training | 6.00am |
| HIIT Strength | 9.30am |
| Yin Fusion Yoga | 10.15am |
| Aqua | 10.30am |
| Nidra Meditation | 11.30am |
| Clubbercise | 6.00pm |
| Clubbercise | 7.00pm |

Friday

| | |
|----------------|---------|
| Group Training | 9.45am |
| Yoga | 10.30am |
| Spin | 6.00pm |

Saturday

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|-----------------|---------|
| Spin | 8.30am |
| Fitness Pilates | 10.00am |

Sunday

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|-------------|---------|
| Clubbercise | 10.00am |
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Virtual classes are available upon request.
Platinum classes do have an additional charge if you are on the Gold Membership.