

MON

TUE

WED

THU

FRI

SAT

SWIMFIT
5.30-6.45AM

SWIMFIT
5.30-6.45AM

SWIMFIT
5.30-6.45AM

SWIMFIT
5.30-6.45AM

SWIMFIT
5.30-6.45AM

SWIMFIT
5.30-6.45AM

YOGA
7-8AM

PILATES
6:40-7:40AM

YOGA
7-8AM

SWIMFIT
12-1PM

SWIMFIT
12-1PM

HIIT
12.15-1PM

STRENGTH
12.15-1PM

BOOTCAMP
12.15-1PM

TABATA
12.15-1PM

PILATES
5:45-6:45PM

**BEGINNER
SWIMFIT**
5.15-6.15PM

STRENGTH
6.30-7.15PM

BOOTCAMP
6.30-7.15PM

BOOTCAMP
6.30-7.15PM

YOGA
6.30-
7.30 PM

HIIT
6.30-
7.15 PM



**ALL CLASSES
INCLUDED IN DIRECT
DEBIT OR UPFRONT
MEMBERSHIPS**

**GROUP
FITNESS**

Casual Class Entry - \$18
For details on classes, please enquire with staff!