

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

MONDAY 27 JANUARY

FACILITY OPERATIONAL HOURS
8AM- 4PM

REFORMER STUDIO

9:15AM REFORMER PILATES
10:15AM REFORMER PILATES (BEGINNER)
12:15PM REFORMER PILATES (VIRTUAL)

MULTI PURPOSE STUDIO

8:05AM YOGA (GENTLE FLOW)
9:15AM YOGA (POWER FLOW)

AQUA

8:30AM AQUA DEEP
9:30AM AQUA MOVERS
10:45AM AQUA MOVERS
11:45AM AQUA FLOW

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MONDAY 27 JANUARY

FACILITY OPERATIONAL HOURS
8AM- 4PM

GROUP FITNESS STUDIO

8:15AM	SENIOR CIRCUIT
9:30AM	THERATONE
10:30AM	SENIOR CIRCUIT
11:30AM	STAY ON YOUR FEET (ENTRY)
12:30PM	PILATES

CYCLE STUDIO

9:15AM	CYCLE
10:15AM	RPM (VIRTUAL)

CONNECT30 - GYM FLOOR

12:00PM	C30 AEROBIC
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