

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

FRIDAY 27 SEPTEMBER

FACILITY OPERATING HOURS
8AM- 4PM

REFORMER STUDIO

8.15AM	REFORMER PILATES (VIRTUAL)
9.15AM	REFORMER PILATES
10.15AM	REFORMER PILATES
12.15PM	REFORMER PILATES (VIRTUAL)

GROUP FITNESS STUDIO

8.15AM	ZUMBA
9.30AM	CORE & MORE
10.30AM	MOMENTUM
11.30AM	STAY ON YOUR FEET - ENTRY
12.30PM	BODY PUMP (VIRTUAL)

AQUA

8.30AM	AQUA MOVERS
9.30AM	AQUA ZUMBA
10.45AM	AQUA MOVERS
11.45AM	AQUA FLOW

CYCLE STUDIO

9.15AM	CYCLE
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CONNECT30 - GYM FLOOR

12.00PM	C30 SPEED
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