

GROUP FITNESS CLASSES

TIMETABLE

From 3rd
February 2025

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|---------|---------------------------------------|------------------------|---------------------------------------|----------------------|---------------------------------------|-----------------------|-------------------|
| MAIN STUDIO | 07:00am | B Active Longer - Circuit 60min | BODYPUMP 45min | B Active Longer - Dance 45min | BODYBALANCE 45min | | | |
| | 08:00am | Yoga 50min | Yoga 45min | | | B Active Longer - Circuit 60min | | |
| | 09:00am | BODYPUMP 60min | Step Ta bat a 45min | BODYPUMP 60min | BODYBALANCE 60min | Zum ba 60min | Zum ba 60min | |
| | 10:00am | Zum ba 60min | Pilates 60min | Zum ba 60min | | BODYBALANCE 60min | Vinyasa Yoga 60min | |
| | 11:15am | B Active Longer - Circuit 60min | | B Active Longer - Circuit 60min | | B Active Longer - Circuit 60min | | |
| | 12:15pm | Stretch 45min | | | | | | |
| | 12:45pm | | | | Stretch 45min | | | |
| | 3:45PM | | | | | | | Yin Yoga 60min |
| | 4:30pm | | BODYBALANCE 60min | Yoga 45min | | Pilates 60min | | |
| | 5:30pm | Pilates 60min | Zum ba 60min | Circuit 60min | Yoga 45min | | | |
| | 6:30pm | | | Pilates 60min | | | | |
| CYCLE STUDIO | 6:10am | RPM 50min | | RPM 50min | | RPM 50min | | |
| | 9:00am | | | | RPM 50min | | | |

GROUP FITNESS CLASSES

TIMETABLE

From 3rd
February 2025

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------|---------|---------------------------------------|------------------------|--------------------------------------|------------------------|------------------------|-------------------------|--------|
| SMALL GROUP STUDIO | 6:15am | C30 Aerobic 30min | C30 Strength 30min | C30 Functional 30min | C30 Aerobic 30min | C30 Strength 30min | | |
| | 8:15am | | | | | | C30 Functional 30min | |
| | 9:00am | C30 Aerobic 30min | C30 Strength 30min | C30 Functional 30min | C30 Aerobic 30min | C30 Strength 30min | | |
| | 10:15am | | | | | C30 Strength 30min | | |
| | 5:30pm | C30 Aerobic 30min | C30 Strength 30min | C30 Functional 30min | C30 Aerobic 30min | | | |
| OUT- DOOR | 08:00am | B Active Longer - Circuit 45min | | B Active Longer - Cardio 45min | | | | |
| | 09:00am | | | | Circuit 45min | | | |
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| AQUATICS | 08:00am | AQUA AEROBICS 50min | AQUA AEROBICS 50min | AQUA ZUMBA 50min | AQUA AEROBICS 50min | AQUA AEROBICS 50min | | |
| | 09:30am | AQUA AEROBICS 50min | Open Squad 60min | | Open Squad 60min | AQUA AEROBICS 50min | | |
| | 10:00am | | | AQUA AEROBICS 50min | | | | |
| | 6:00pm | Open Squad 60min | | Open Squad 60min | | | | |
| | 6:30pm | | | | AQUA ZUMBA 50min | | | |