

FROM 10/10/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SYNERGIZE 06:45	SPIN 06:45	SYNERGIZE 06:45		SYNERGIZE 06:45	SPIN 08:30	
LOW-IMPACT SYNERGIZE 09:30	PILATES 09:15-10:15	BODY PUMP 09:30	LBT 09:30	SPIN 09:30	SYNERGIZE 09:30	SYNERGIZE 09:30
LBT 09:30	SYNERGIZE 09:30	SPIN 09:30	CARDIO 09:30	YOGA 09:30-10:30	YOGA 09:30-10:30	
SPIN 10:30	YOGA 10:30-11:30	PILATES 10:30-11:30	FITNESS PILATES 11:30-12:30	PILATES 11:00-12:00	AQUAFIT 11:15	
YOGA 10:30-11:30	AQUAFIT 13:15	LOW-IMPACT SYNERGIZE 10:30	AQUAFIT 12:15	AQUAFIT 11:00		
BODY PUMP 17:45	CARDIO 17:45	YOGA 17:45-18:45				
AQUAFIT 18:00	YOGA 18:00-19:00	CARDIO 17:45	BODY PUMP 17:45	SPIN 17:00		
SPIN 18:00		ABS BLAST 18:45	SPIN 18:00			
BODY ATTACK 19:00	PILATES 19:30-20:30		YIN YOGA 18:30-19:30			

ALL CLASSES ARE 45 MINUTES UNLESS STATED. PLEASE USE THE 'FITSENSE' APP TO BOOK. CLASSES CAN BE BOOKED 7 DAYS IN ADVANCE!