

FROM 1/4/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SYNERGIZE 06:45	PILATES 09:00-10:00	SYNERGIZE 06:45	LBT 09:30	SYNERGIZE 06:45	SPIN 08:30	CARDIO 09:30
LOW-IMPACT SYNERGIZE 09:30	SYNERGIZE 09:30	BODY PUMP 09:30	CARDIO 09:30	CORE & RESTORE 08:30-09:30	PILATES 08:15-09:15	
LBT 09:30	SYNERGIZE 09:30	SPIN 09:30	YOGA 10:20-11:20	SPIN 09:30	SYNERGIZE 09:30	
SPIN 10:30	YOGA 11:15-12:15	PILATES 10:40-11:40	SPIN VIRTUAL 10:30	YOGA 09:45-10:45	YOGA 09:30-10:30	
YOGA 10:30-11:30	AQUAFIT 12:15	LOW-IMPACT SYNERGIZE 10:30	FITNESS PILATES 11:30-12:30	LOW-IMPACT SYNERGIZE 10:30	AQUAFIT 11:15	
BEGINNERS PILATES 11:45	CARDIO 17:45	AQUAFIT 12:15	AQUAFIT 12:15	PILATES 11:00-12:00	WOMEN'S WEIGHT TRAINING 12:30	
AQUAFIT 12:15	YOGA 18:00-19:00	YOGA 17:45-18:45	BODY PUMP 17:45	AQUAFIT 11:15		
BODY PUMP 17:45	PILATES 19:30-20:30	SYNERGIZE + 17:45	AQUAFIT 18:00	SPIN 17:00		
AQUAFIT 18:00	PILATES 19:30-20:30		SPIN 18:00			
SPIN 18:00			YIN YOGA 18:50-19:50			
BODY ATTACK 19:00			SWIM CLUB 19:00			

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