



Health and Wellness Centre Classes

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|---------------------------------|----------------------|---------------------------------|-----------------|
| 5:30am - 8pm | 5:30am - 8pm | 5:30am - 8pm | 5:30am - 8pm | 5:30am - 8pm |
| | 6:30 Yin Yoga | 6:30 Vinyasa Yoga | | 6:30 Boxing |
| 9:30 Mat Pilates | 9:30 Aqua | 9:30 Yin Yoga | | 9:30 Aqua |
| | 12:00 Mat Pilates | | 12:30 Swim Squad | |
| 12:00 Mat Pilates | 12:30 Swim Squad | 12:00 Pilates Sculpt | 12:00 Yin Yoga | 12:00 Flow Yoga |
| 1:00 Pilates Sculpt | 1:00 Barre Sculpt | | 1:00 Meditation | |
| | 2:30 Beginner Strength Training | | 2:30 Beginner Strength Training | |
| 5.15 Boxing | 5.15 Mat Pilates | 5.15 Boxing | | |

Class Style

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|-----------|--------|--------|------|-----------|
| Hollistic | Cardio | Fusion | Pool | Gym Floor |
|-----------|--------|--------|------|-----------|

Bookings Required