



# 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 ABT	9:30 Aqua	9:30 ABT	9:30 Mat Pilates	9:30 Aqua
	12:00 Yin Yoga			12:00 Flow Yoga
12:00 Mat Pilates	12:30 Swim Squad	12:00 Mat Pilates	12:00 Pilates Sculpt	12:30 Swim Squad
1:00 Pilates Sculpt	1:00 Meditation	1:00 Stretch Therapy	1:00 Flow Yoga	
	2:30 Beginner Strength Training		2:30 Beginner Strength Training	
5:15 Boxing	5:15 Mat Pilates	5:15 Boxing		

## Class Style

Hollistic	Cardio	Fusion	Pool	Gym Floor
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Bookings Required