



Health & Wellness Centre Classes

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|-------------------------|---------------------------|-------------------------|-------------------|---------------------------|
| 6.30 Studio HIIT | 6.30 Studio Tabata | | 6.15 BoxFit | | 7.30 Studio HIIT |
| | 7.00 HIIT Blast | 8.30 AquaMotion | 7.00 HIIT Blast | 8.30 Aqua Gym | 8.15 Aqua Gym |
| 9.30 Stability in Motion | 9.30 AquaMotion | 9.30 Abs Butts and Thighs | 8.30 EasyFit 45 | | 9.15 Program Full Body |
| | 11.45 Flow Yoga | 12.15 Pilates | 9.30 Pilates | 11.45 Flow Yoga | EVERY SECOND SATURDAY |
| | 2.30 Program Upper Body | 1.00 Mobility and Stretch | 11.00 Barre Sculpt | 12.30 Yin Yoga | 9.00 Pilates Sculpt |
| | 4.30 Run Club | 3.00 Barre Sculpt | 12.00 AquaMotion | 2.15 Barre Sculpt | 9.45 Mobility and Stretch |
| | | 5.30 BoxFit | 2.30 Program Lower Body | | |
| 6.00 AquaMotion | | | 4.30 Power Walking | | |
| Class Style | | | | | |
| Holistic | Cardio | Fusion | Pool | Gym Floor | |