



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