



Health & Wellness Centre Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 12th & 26th
6.00 Studio HIIT					
		8.30 AquaMotion		7.30 Vinyasa Yoga	
9.30 Stability in Motion	9.30 AquaMotion	9.30 Abs Butts & Thighs	8.30 EasyFit 45	8.30 Yin Yoga	9.00 Pilates Sculpt
11.45 Power Yoga		12.15 Pilates	9.30 Pilates	9.30 Aqua Strong	9.45 Mobility & Stretch
12.45 Hatha Yoga	2.30 Upper Body Program	1.00 Mobility and Stretch	12.00 Aqua Essentials		
2.30 Movement Mechanics	4.30 Run Club				
	5.15 Pilates	5.15 Movement Mechanics	2.30 Lower Body Strength		
			4.30 Power Walking		

CLASS STYLE

- Holistic
- Cardio
- Fusion
- Pool
- Gym Floor