



# Health & Wellness Centre Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 6th & 20th
6.00 Studio HIIT		7.00 Lower Body Program	6.00 HIIT Blast	6.30 Hot Yoga	
		8.30 AquaMotion		7.30 Vinyasa Yoga	
9.30 Stability in Motion	9.30 AquaMotion	9.30 Abs Butts and Thighs	8.30 EasyFit 45	8.30 Aqua Cym	9.00 Pilates Sculpt
11.45 Power Yoga	1.00 Studio Tabata	12.15 Pilates	9.30 Pilates		9.45 Mobility & Stretch
12.45 Hatha Yoga	2.30 Upper Body Program	1.00 Mobility and Stretch	11.00 Barre Sculpt		
2.30 Movement Mechanics	4.30 Run Club		12.00 AquaMotion		
5.30 AquaMotion	5.15 Pilates	5.15 Movement Mechanics	2.30 Community Strength		
			4.30 Power Walking		

## CLASS STYLE

- Holistic
- Cardio
- Fusion
- Pool
- Gym Floor