



Health & Wellness Centre Classes - AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 15th & 29th
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	12.30 Pilates	12.15 Pilates	9.30 Pilates	9.30 Aqua Strong	9.45 Mobility & Stretch
12.45 Hatha Yoga	1.45 Movement Mechanics	1.00 Mobility and Stretch	11.30 SwinFIT	10.30 BARRE Sculpt	
	2.30 Program Upper Body				
	4.30 Run Club	5.15 Movement Mechanics	2.30 Lower Body Strength		
	5.15 Pilates		4.30 Power Walking		
CLASS STYLE					
Holistic	Cardio	Fusion	Pool	Gym Floor	