

GROUP FITNESS SCHEDULE

BEGINS MONDAY 24TH AUGUST

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.30-7:15		CIRCUIT TRAINING			CIRCUIT TRAINING
12:30-13:15	SWIM SQUAD	PILATES	HIIT & CORE	CIRCUIT TRAINING	PILATES

ALL GROUP FITNESS CLASSES ARE NOW INCLUSIVE PART OF THE HEALTH & WELLNESS CENTER MEMBERSHIP PACKAGE.

BOOKING FOR CLASSES IS REQUIRED AS SPACE IS LIMITED.

