

GROUP FITNESS TIMETABLE

Effective from 8 August 2011

6:30 am
9:30 am
10:30 am
12:15 pm
5:30 pm
6:30 pm

GROUP EXERCISE
STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
		ExoCircuit		KiMax			
Power			Pilates			Fight Do	
						Power	
		ExoCircuit	KiMax		ExoCircuit		
Fight Do		ZUMBA	Fight Do	Power			
Power		KiMax	ExoCircuit	ZUMBA			

6:30 am
9:30 am
10:30 am
12:15 pm
5:45 pm
7:00 pm

SPIN
STUDIO

Top Ride		Top Ride		Top Ride			
	Top Ride				Top Ride		
					Top Ride	Top Ride	
			Top Ride				
Top Ride Begin	Top Ride	Top Ride	Top Ride				
Top Ride	Top Ride						

Top Riders Please note: Bookings are essential, to guarantee your place in class, pick up your tag from reception 10 minutes prior to the start of class. You may miss out on your spot in the class if you don't have your tag.

10:30 am
11:30 am
12:15 pm
5:30 pm
6:00 pm
6:15 pm

MIND & BODY
STUDIO

					Pilates	Yoga	
					Yoga		
Yoga							
	Yoga Begin	Pilates Begin	Yoga				
Pilates							
	Yoga Int./Adv.	Pilates Int./Adv.					