

FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CIRCUITS 7:00 - 7:45	STAGES 7:00 - 7:45	HIIT 7:00 - 7:45	CIRCUITS 7:00 - 7:45	BOOTCAMP 8:00 - 8:45	BODYCON 9:00 - 10:00
PILATES 11:00 - 12:00	YOGA 10:30 - 11:30	PILATES 10:30 - 11:30	STAGES 8:00 - 8:30	ZUMBA 10:30 - 11:30		BODY FLOW 10:15 - 11:15
TRX 12:00 - 12:45	YBELL 12:00 - 12:45	POWER PILATES 11:30 - 12:15	ZUMBA GOLD 10:00 - 11:00	Pilates 11:15 - 12:00		
YOGA 16:15 - 17:15	ABS BLAST 16:00 - 16:30	YOGA 16:00 - 16:45	FULL BODY WORKOUT 17:00 - 17:45	TRX 12:00 - 12:45		
STAGES 18:00 - 18:45	TABATA 17:00 - 17:45	YOGA 17:00 - 17:45	STAGES 18:00 - 18:45	YOGA 16:30 - 17:30		
YBELL 19:00 - 19:45	STAGES COMBO 18:00 - 18:45	BODYCON 18:00 - 19:00		ABS BLAST 17:45 - 18:15		
ULTIMATE BURN 20:00 - 20:45	ZUMBA 19:00 - 20:00	STAGES BEAT 19:00 - 20:00		Lower Body Burn 18:15 - 19:00		
	CIRCUITS 19:30 - 20:30					AQUA FIT TUESDAY 12pm - 12.30pm

Timetable starting from Nov 2024. Always book classes on the app or online prior to attending and if you cannot attend always cancel to avoid a dishonour charge.