

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>STRENGTH &amp; CONDITIONING</b> 6.15am – 7am		<b>EXPRESS SPIN</b> 6.15am – 6.45am		
	<b>EXPRESS SPIN</b> 8am – 8.30am		<b>GROUP CLASS</b> 7.30am – 8.15am			
<b>H.I.I.T.</b> 9.30am – 10am	<b>STRENGTH &amp; CONDITIONING</b> 9.30am – 10.15am	<b>EXPRESS SPIN</b> 9.30am – 10am	<b>STRENGTH &amp; CONDITIONING</b> 9.30am – 10.15am	<b>CORE CLASS</b> 9.30am – 10am	<b>SPINNING</b> 10am – 10.45am	
<b>AQUA AEROBICS</b> 11am – 11.40am		<b>AQUA AEROBICS</b> 11am – 11.40am		<b>AQUA AEROBICS</b> 11am – 11.40am		<b>GENTLE PILATES</b> 11.15am – 12pm
<b>EXPRESS SPIN</b> 6pm – 6.30pm	<b>CIRCUITS</b> 6pm – 6.45pm	<b>EXPRESS SPIN</b> 6.15pm – 6.45pm	<b>STRENGTH &amp; CONDITIONING</b> 6pm – 6.45pm			
<b>EXPRESS SPIN</b> 6.35pm – 7.05pm	<b>AQUA AEROBICS</b> 7pm – 7.40pm	<b>STRENGTH &amp; CONDITIONING</b> 7pm – 7.45pm	<b>AQUA AEROBICS</b> 7pm – 7.40pm			
<b>PILATES</b> 7.15pm – 8pm						

- You can book in for a class online 24h in advance (*no bookings required for Aqua Aerobics*). Please contact reception if you have not received class booking link.
- Please arrive on time for your class
- Wear comfortable clothing
- Bring a small towel & bottle of water
- Notify a Fitness Instructor if any injuries, illnesses or pregnant.