

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aqua Aerobics (8:30am – 9.00am)		Aqua Aerobics (8:30am – 9.00am)		
Mobility & Core (9.30am - 10.00am)					
Sculpt & Tone (6.15pm - 7.00pm)			Stretch & Strengthen (6.00pm - 6.30pm)		
Zumba with Rebecca (7.15pm - 8.15pm)	Yoga with Clare (7.00pm - 8.30pm)	HIIT (7.00pm - 7.45pm)	Zumba with Rebecca (7.00pm - 8.00pm)		

Classes must be prebooked through our WhatsApp System, Please scann the QR Code to book:

