

GROUP EXERCISE CLASS TIMETABLE

Effective 25 March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15AM	7:15-7:45am	7:15-7:45am			7:15-7:45am		
	7:30-8:00am		7:30-8:00am	7:30-8:00am	7:30-8:00am		
	7:45-8:15am	7:45-8:15am			7:45-8:15am		
	8:00-8:30am		8:00-8:30am	8:00-8:30am	8:00-8:30am		
		8:15-8:45am				8:15-8:45am	
			8:30-9:00am	8:30-9:00am	8:30-9:00am	8:30-9:00am	
		8:45-9:15am				8:45-9:15am	
	9:00-9:30am		9:00-9:30am	9:00-9:30am	9:00-9:30am	9:00-9:30am	
		9:15-9:45am				9:15-9:45am	
	9:30-10:00am		9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am
		9:45-10:15am				9:45-10:15am	
	10:00-10:30am		10:00-10:30am	10:00-10:30am	10:00-10:30am	10:00-10:30am	10:00-10:30am
		10:15-10:45am				10:15-10:45am	
	10:30-11:00am		10:30-11:00am	10:30-11:00am	10:30-11:00am	10:30-11:00am	10:30-11:00am
		10:45-11:15am					
	11:00-11:30am					11:00-11:30am	11:00-11:30am
						11:30-12:00pm	11:30-12:00pm
	12PM	12:00-12:30pm	12:00-12:30pm	12:00-12:30pm	12:00-12:30pm		12:00-12:30pm
					12:15-12:45pm		
12:30-1:00pm		12:30-1:00pm	12:30-1:00pm	12:30-1:00pm			
					12:45-1:15pm		
		1:15-1:45pm			1:15-1:45pm		
		1:45-2:15pm			1:45-2:15pm		
5PM	5:00-5:30pm		5:00-5:30pm		5:00-5:30pm		
	5:15-5:45pm			5:15-5:45pm			
	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm		
	5:45-6:15pm		5:45-6:15pm	5:45-6:15pm			
	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm		
	6:15-6:45pm	6:15-6:45pm	6:15-6:45pm	6:15-6:45pm			
	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm			
	6:45-7:15pm	6:45-7:15pm		6:45-7:15pm	6:30-7:00pm		
	7:00-7:30pm	7:00-7:30pm	7:00-7:30pm	7:00-7:30pm	7:00-7:30pm		
	7:15-7:45pm			7:15-7:45pm			
	7:30-8:00pm	7:30-8:00pm	7:30-8:00pm	7:30-8:00pm			
8PM	8:00-8:30pm						

Packages: 10 Visit passes are available to purchase at reception

Please note: **Cancellation fees** do apply if you **fail to attend** or do not **provide 24 hours notice**.

All **packages** are **non-refundable** and are **valid for 12 months** from **date of purchase**.

Classes are **subject to change** due to unforeseen circumstances and number of class participants.