














GROUP EXERCISE CLASSES

TIMETABLE

FROM
MAY 12th

		MON	TUES	WED	THURS	FRI
T I M E	06:00am	Aqua Pilates (40 mins) 		Aqua Pilates (40 mins) 		
	06:30am	Functional Training (45 mins) 		Functional Training (45 mins) 		Functional Training (45 mins) 
	09:30am	Aqua Pilates (40 mins) 	Functional Training (45 mins) 		Functional Training (45 mins) 	Aqua Pilates (40 mins) 
	10:30am	Aqua Pilates (40 mins) 				
	05:30pm	Pilates (55 mins)  PILATES		Aqua Pilates (40 mins) 	Yoga/Pilates (55 mins) 	

Functional Training

Experience a high-intensity session that combines cardio, strength, and functional movements to challenge your body and ignite your metabolism.

Pilates

A total body workout focusing on strength, mobility, endurance, body alignment and breath control. Performed on the floor you'll feel strong, streamlined and invigorated after this workout.

Yin Yoga

Calm the mind and incorporate breath with movement while strengthening, stretching and nourishing your body. Suitable for those seeking a regular class that is gentle, with less heat.

Water Pilates

Water Pilates focuses on strengthening deep muscles, improving posture, flexibility, and balance using Pilates principles adapted to the aquatic environment.

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.



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