



















# GROUP EXERCISE CLASSES

## TIMETABLE

FROM  
JULY 21<sup>st</sup>

		MON	TUES	WED	THURS	FRI
T I M E	06:05am	Aqua Pilates (40 mins) 		Aqua Pilates (40 mins) 		
	06:30am	Group Fitness (45 mins) 		HydroLab (45 mins) 		Group Fitness (45 mins) 
	09:30am	Aqua Pilates (40 mins) 	Group Fitness (45 mins) 		Group Fitness (45 mins)  Aqua Pilates (40 mins) 	
	10:30am	Aqua Pilates (40 mins) 	HydroLab (45 mins) 		Aqua Pilates (40 mins) 	
	05:15pm		Group Fitness (45 mins) 	Group Fitness (45 mins) 		HydroLab (45 mins) 
	05:30pm	Pilates (55 mins)  PILATES		Aqua Pilates (40 mins) 	Yoga (55 mins) 	

### Group Fitness

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.

### Aqua Pilates

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

### HydroLab

Performance training in the pool. Building fitness in a low-impact environment. Build power, muscular endurance & control. Smash sprints & intervals to raise intensity and boost endurance.

- 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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Aquatic Facilities



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