

# CLASS TIMETABLE

MON	TUE	WED	THU	FRI	SUN
05:30 SWIM SQUAD 2 HOURS		05:30 SWIM SQUAD 2 HOURS		05:30 SWIM SQUAD 2 HOURS	
		06:00 BOOT CAMP	06:00 SPIN		
07:00 PILATES	07:00 BW BLITZ	07:00 YOGA	07:00 CIRCUIT	07:00 PILATES	
					09:30 YOGA
12:30 SPIN	12:30 BOOT CAMP	12:30 RUN CLUB	12:30 BOXING	12:30 SPIN	
		12:30 STROKE CORRECTION 90 MINUTES			
18:00 YOGA					

Please note the classes on the schedule will be virtual on Zoom as well as live in the AD, excluding Boot Camp, Run Club, Stroke Correction and Swim Squad. Limited space available, please arrive early to avoid disappointment.

 - Denotes classes will be streamed on Zoom.