

















Group Fitness Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	6:00	Strength and Conditioning			Pilates	H.I.I.T (30 mins)	H.I.I.T (30mins)	*Please note different starting class times on Weekends		
	6:30					Core (30mins)	7.00			
	8:30				Abs, Butts and Thighs		7:50	Yoga		
	9:00		HIIT (30 Mins)		H.I.I.T (25 mins)		9.00		Yoga	
	9:15					X-Train				
	9:30	Cardio Boxing (30 Mins)	 And Gym Floor Circuit (30mins)		 And Gym Floor Circuit (30mins)		10.30			
	10:00	Abs, Butts and Thighs (30 Mins)					1:00			
	10:15					Pilates Express (45mins)	WHY DO WE EXERCISE?			
	10:30	Pilates	Yoga	Pilates	Back 2 basics		<ul style="list-style-type: none"> • Boost happiness levels • Assist with weight loss • Increase energy • Increase strength and flexibility • Boosts immune system • Increases confidence • Reduces stress • Improves sleep 			
	11:00						<p>Be Early!! For safety reasons you are unable to join a class after 5 minutes of commencement</p>			
	2:00									
	5:30	Pilates	X-Train (30 Mins)	Strength and Conditioning	Thai Boxing					
	6:00		Ab Blaster (30 Mins)							
	6:30		Yoga	H.I.I.T (30 Mins)		RnB Dance				
7:00										
7:30			Pilates	Yoga						

SGPT	Time	Mon	Tues	Wed	Thurs	Fri	SGPT Details
	Early AM		6:00-6:45am S&C Lucy				<ul style="list-style-type: none"> • Small Group Personal Training • \$22 each 45 minute session • Multiple styles for all fitness levels • Groups of up to 4 ladies • Book in at Reception
	AM	10:15-11:00am F.I.I.T Raquel	Ask reception for more times				
	PM			6:00-6.45pm F.I.I.T Raquel			

Health Club Hours

Mon-Thurs 6:00am – 9pm
 Fri 6:00am – 8pm
 Sat 7:00am – 4pm
 Sun 9am – 1pm

Kids Club Hours

Mon 8:30am – 11:45am
 Tues 8:30am – 11:45am / 3:30pm – 6:30pm
 Wed 8:15am – 12:00pm
 Thurs 8:30am – 11:45am / 3:30pm – 6:30pm
 Fri 8:30am – 12:00pm
 Sat 8:30am – 11:30am
 Sun No Child Minding

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