

WOMEN'S FITNESS CENTRE GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	CYCLE 45MINS		CYCLE 45MINS			
	ZUMBA® 60MINS	STRONG GIRL 60MINS	BALLET BARRE 60MINS	ZUMBA® 60MINS	IYENGAR YOGA 60MINS	
9:15AM						STRONG ZONE 45MINS
10:00AM	AQUA 45MINS	AQUA 45MINS	AQUA ZUMBA® 45MINS		AQUA 45MINS	AQUA 45MINS
	BODYFIT 60MINS	PILATES 60MINS	BODYFIT 60MINS	AEROFIT 60MINS	BELLY DANCE 60MINS	
11:00AM	STRETCH 60MINS	POSTURE & FLEXIBILITY 60MINS	PILATES 60MINS	POSTURE & FLEXIBILITY 60MINS	STRETCH 60MINS	RELEASE & RELAX MEDITATION 60MINS
12:00PM				HATHA YOGA 60MINS		
12:15PM	PUMP'D 45MINS	BOOTY BARRE 60MINS	CYCLE 45MINS		PUMP'D 45MINS	
		BOXING/HIIT 30MINS	THUMP ZONE / BOXING 45MINS			
1:00PM	IYENGAR YOGA 60MINS	ZUMBA® 60MINS	YOGA 60MINS	PUMP'D 60MINS	ZUMBA® 60MINS	
	BATTLE ZONE 45MINS				X ZONE 30MINS	
5:30PM	ZUMBA® 60MINS	PUMP'D 60MINS	POWER YOGA 60MINS	ZUMBA® 60MINS		
5:45PM	BATTLE ZONE 45MINS		BATTLE ZONE 45MINS			
	AQUA 45MINS		AQUA 45MINS		AQUA 45MINS	
6:00PM				HIIT 60MINS		
6:30PM	FLEX-MOBILITY 60MINS	YIN YOGA 60MINS				

LEGEND

- MEN'S FITNESS CENTRE ARENA - MIXED CLASSES
- CYCLE ROOM
- WOMEN'S GYM
- POOL