

THE ULTIMATE

FUN FITNESS EXPERIENCE

WEEKLY PROGRAMME

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00	Yoga	Pilates	Yoga		Yoga	Pilates	Yoga
14:30	Circuit Training	Group Cycling	Curcuit Training	Group Cycling	Circuit Training	Group Cycling	Curcuit Training
16:30	Aqua Gym	Aqua Jump	Aqua Cycle	Aqua Gym	Aqua Cycle	Aqua Jump	Aqua Cycle
17:30		Paddle Board	Paddle Board	Paddle Board	Paddle Board	Paddle Board	Paddle Board



Location:
FITNESS CENTRE

- Gym Classes is limited to 4 people
- Aqua Classes is limited to 6 people
- Paddle board activity is limited to 8 people
- Pre-booking is required
- For reservations please visit Fitness Centre or call 8054
- Please Bring your own towel
- Guests must wear a face mask and gloves.

