

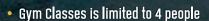
## THE ULTIMATE

## **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	选择学生	Paddle Board	Paddle Board	Paddle Board	Paddle Board	Paddle Board	Paddle Board



- 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.



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