

GYM CLASSES

TIMETABLE

MONDAY

Spin Circuit
5:45pm- 6:30pm

Stretch & Tone
6:30pm - 7:00pm

TUESDAY

Fit Forward
11:15am- 11.45am

(Mature Adult Class)
Low Impact

WEDNESDAY

Wednesday Workout
6:00pm-6:30pm

Pump & Tone
6.30pm - 7.00pm

THURSDAY

Cardio Blast
6.00pm - 6:30pm

Abs Attack
6.30pm - 7.00pm

SATURDAY

Every 2nd Saturday

Box Fit

8:15am - 9.00am

AQUA TRIM

Tuesday
12:00pm-12:45pm

Thursday
11.00am - 11.45am