



UNI FITNESS



G45 PM

GROUP FITNESS TIMETABLE

	MON	TUES	WED	THUR	FRI [^]	SAT
12.30PM	Floor Pilates Oksana	Zen & Vibe Yoga Oksana	Bums & Guns Strength Sez	Glove & Grind Boxing Abdullah	Zen & Vibe Yoga Oksana	
1.30 PM TO 4.00 PM	Open Gym Time	Open Gym Time	Open Gym Time	Open Gym Time	Open Gym Time	
4.15PM	Monday Muscle Shakedown Alex	Power Hour Strength Alex	Functional Fitness Fun Alex	Open Gym Time	Open Gym Time	
5.15PM	Barbell Blast Abdullah	Jab & Burn Boxing Abdullah	Open Gym Time	Barbell Blast Abdullah	Open Gym Time	
6.15PM	Open Gym Time	Open Gym Time	Zen & Vibe Yoga Cindy	Move & Groove Armarna		

[^] G45 AQUATIC CENTRE CLOSSES AT 6PM ON FRIDAYS

CARDIO STRENGTH MIND & BODY DANCE FIT

SCAN HERE FOR
CLASS DESCRIPTIONS
& BOOKINGS



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