

# STUDENT VACATION



## TIMETABLE

	MON	TUES	WED	THUR	FRI	SAT
6.00 AM	HIIT Joel	Strength Bailey	Boxing Joel	Strength Bailey	Open Gym time	Open Gym time
7.30 AM	Open Gym time	Open Gym time	Open Gym time	Open Gym time	Open Gym time	HIIT Joel
12.30 PM	Open Gym time	Open Gym time	Open Gym time	Open Gym time	Boxing Abdullah	Open Gym time
5.30 PM	Open Gym time	Open Gym time	Open Gym time	Open Gym time	Open Gym time	Open Gym time
6.00PM	Strength Sarah G	Open Gym time	Strength Abdullah	Boxing Abdullah	Open Gym time	Open Gym time

## WELLNESS STUDIO TIMETABLE

	MON	TUES	WED	THUR	FRI
6.30 AM	Open Gym time	Open Gym time	Open Gym time	Open Gym time	Open Gym time
12.30 PM	Floor Pilates Oksana	Yoga Flow Oksana	Open Gym time	Open Gym time	Zin & Yin Yoga Oksana
5.15 PM	Open Gym time	Open Gym time	Open Gym time	Open Gym time	Open Gym time
5.30 PM	Open Gym time	Open Gym time	Core - Pilates Oksana	Open Gym time	Open Gym time

CARDIO
 MIND & BODY
 STRENGTH
 DANCE FIT

PLEASE NOTE: Gym Staffed Hours are Mon - Thu: 7am - 7pm and Friday 7am - 6pm.  
Open Gym time - Members are free to use the space outside of Class Sessions. Access outside of Staffed Hours are only permitted for current members who have purchased their own 24/7 key

**BOOKINGS ESSENTIAL**

Scan here to book and  
for class descriptions

