

# GROUP FITNESS

## T2 TIMETABLE



|          | MON                        | TUES                      | WED                        | THUR                      | FRI                      | SAT                  |
|----------|----------------------------|---------------------------|----------------------------|---------------------------|--------------------------|----------------------|
| 6.00 AM  | <b>HIIT</b><br>Joel        | <b>Strength</b><br>Bailey | <b>Boxing</b><br>Joel      | <b>Strength</b><br>Bailey | <b>HIIT</b><br>Joel      | <b>Open Gym time</b> |
| 7.30 AM  | <b>Open Gym time</b>       | <b>Open Gym time</b>      | <b>Open Gym time</b>       | <b>Open Gym time</b>      | <b>Open Gym time</b>     | <b>HIIT</b><br>Joel  |
| 12.30 PM | <b>Open Gym time</b>       | <b>Open Gym time</b>      | <b>Open Gym time</b>       | <b>Open Gym time</b>      | <b>Boxing</b><br>Abdulla | <b>Open Gym time</b> |
| 5.30 PM  | <b>Open Gym time</b>       | <b>Open Gym time</b>      | <b>Open Gym time</b>       | <b>Open Gym time</b>      | <b>Open Gym time</b>     | <b>Open Gym time</b> |
| 6.00 PM  | <b>Strength</b><br>Sarah G | <b>HIIT</b><br>Abdulla    | <b>Strength</b><br>Abdulla | <b>Boxing</b><br>Abdulla  | <b>Open Gym time</b>     | <b>Open Gym time</b> |

## WELLNESS STUDIO TIMETABLE

|          | MON                            | TUES                       | WED                             | THUR                    | FRI                                 |
|----------|--------------------------------|----------------------------|---------------------------------|-------------------------|-------------------------------------|
| 6.30 AM  | <b>Open Gym time</b>           | <b>ABT</b><br>Joel         | <b>Open Gym time</b>            | <b>ABT</b><br>Joel      | <b>Open Gym time</b>                |
| 12.30 PM | <b>Floor Pilates</b><br>Oksana | <b>Yoga Flow</b><br>Oksana | <b>Open Gym time</b>            | <b>Open Gym time</b>    | <b>Zin &amp; Yin Yoga</b><br>Oksana |
| 5.15 PM  | <b>Dance</b><br>Kaitlin        | <b>Open Gym time</b>       | <b>Open Gym time</b>            | <b>Dance</b><br>Kaitlin | <b>Open Gym time</b>                |
| 5.30 PM  | <b>Open Gym time</b>           | <b>Open Gym time</b>       | <b>Core – Pilates</b><br>Oksana | <b>Open Gym time</b>    | <b>Open Gym time</b>                |

**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

