

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

FRIDAY 25 SEPTEMBER

FACILITY OPERATIONAL HOURS
8AM- 4PM

AQUA

8:30AM AQUA MOVERS
10:45AM AQUA MOVERS
11:45AM AQUA FLOW

CONNECT30 - GYM FLOOR

12:00PM C30 SPEED

MULTIPURPOSE STUDIO

8:15AM STRETCH

GROUP FITNESS STUDIO

9:30AM CORE AND MORE
10:30AM MOMENTUM
11:30AM STAY ON YOUR FEET (ENTRY)
12:30PM STRENGTH PLUS

REFORMER PILATES STUDIO

8:15AM REFORMER PILATES
9:15AM REFORMER (FOUNDATION)
10:15AM REFORMER PILATES
12:15PM REFORMER (VIRTUAL)

YAWA.
AQUATIC CENTRE