

FITNESS CLASSES SCHEDULE*

* This schedule may change according to demand. New class bookings priority from 1st September 2020. Please consult page 4.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLE 08:30 45min Studio 2	RHYTHM CYCLE 08:30 45min Studio 2	RHYTHM CYCLE 08:30 45min Studio 2	RHYTHM CYCLE 09:00 45min Studio 2	RHYTHM CYCLE 08:30 45min Studio 2	HIIT 09:15 45min High Performance Gym or Studio 2	RHYTHM CYCLE 09:00 45min Studio 2
CORE CONDITIONING & STRENGTH 09:30 45min Studio 2	HIIT 09:00 45min High Performance Gym or Studio 2	CORE CONDITIONING & STRENGTH CLASS 09:30 45min Studio 2	EXPRESS BOXFIT 10:00 45min High Performance Gym	PILATES 09:15 45min Multipurpose Room	EXPRESS BOXFIT 10:15 45min High Performance Gym or Studio 2	RHYTHM CYCLE 10:00 45min Studio 2
TABATA 10:30 45min High Performance Gym or Studio 2	EXPRESS BOXFIT 10:00 45min High Performance Gym	PUMP CONDITIONING 10:30 50min Studio 2	YOGALATES 11:00 50min Multipurpose Room	TABATA 10:00 60min High Performance Gym or Studio 2	BREATHE AND STRETCH 11:00 60min Multipurpose room	YOGA 11:00 60min Multipurpose room
PILATES 10:30 55min Multipurpose Room	BARRE FITNESS 10:00 45min Studio 2	PILATES 10:30 55min Multipurpose Room	YOGA RESTORE AND RELAX 12:00 50min Multipurpose Room	BARRE FITNESS 10:00 45min Studio 2	GUIDED MEDITATION 12:00 30min Multipurpose Room	RELAXATION & MEDITATION 12:00 30min Multipurpose Room
YOGA FOR BEGINNERS 11:30 60min Multipurpose Room	YOGALATES 11:00 60min Multipurpose Room	POWER YOGA AND MEDITATION 11:30 75min Multipurpose Room	KID'S BOXFIT (AGE 5-10) 17:00 45min High Performance Gym or Studio 2	POWER YOGA AND MEDITATION 11:00 75min Multipurpose Room		
YOGA KIDS (AGES 5-9) 17:00 45min NEW Studio 2	GOLF SPECIFIC FITNESS 12:00 45min Studio 2	RHYTHM CYCLE 17:00 45min Studio 2	YOGALATES 17:00 50min Multipurpose Room	HIIT 17:00 45min High Performance Gym or Studio 2		
YOGA 17:00 60min Multipurpose Room	RUNNING CLUB 17:00 60min NEW Campus Running Track /meet at reception	BARRE FITNESS 18:00 45min Studio 2	PUMP CONDITIONING 18:00 50min Studio 2			
	RHYTHM CYCLE 18:00 45min Studio 2					

- FITNESS & STRENGTH CLASSES
- FUNCTIONAL CLASSES
- MIND & BODY CLASSES
- SPECIALIST CLASSES
- CHILDREN'S CLASSES