

CLASS, PERSONAL TRAINING & OPEN GYM SCHEDULE



MON	TUE	WED	THU	FRI	SAT
Fit4Life 7am-7.45am	Pilates 9.45am - 10.45am	Fit4Life 9.30am - 10.15am	Pilates 9.45am - 10.45am	Fit4Life 7am - 7.45am	1:1 PT/SGPT 7am - 12pm
Fit4Life 9.30am-10.15am	Pilates 11am-12pm	Open Gym 10.15am - 4.30pm	Open Gym 10.45am -4.30pm	Fit4Life 9.30am - 10.15am	
Strength & Balance 12pm-12.45pm	Open Gym 12pm-4.30pm	1:1 PT/SGPT 4.30pm- 8pm	1:1 PT/SGPT 4.30pm- 8pm	Open Gym 10.15 am - 6pm	
Open Gym 12.45pm-8pm	1:1 PT/SGPT 4.30pm - 8pm	Back2Front45 5.45pm- 6.30pm			
		Back2Front45 6.45pm- 7.30pm			