

EXERCISE CLASSES

SCHEDULE



MON

Fit4Life
7 am - 7.45 am

Fit4Life
9.30 am - 10.15 am

BRAND NEW
Strength & Balance

11am - 11.45am
12pm - 12.45pm

TUE

Pilates
9.45 am - 10.45 am

Pilates
11 am - 12 pm

WED

Fit4Life
9.30 am - 10.15 am

THU

Pilates
9.45 am - 10.45 am

FRI

Fit4Life
7 am - 7.45 am

Fit4Life
9.30 am - 10.15 am