



# WELLNESS PROGRAMME

WINTER TIMETABLE 2025

<b>MONDAY</b>	08:15 - 08:45	Tabata
	09:30 - 10:15	Engine
	18.00 - 18.45	HIIT
<b>TUESDAY</b>	08.15 - 08.45	Bootcamp Buddies *
	09.45 - 10.30	Body Pump
	17.00 - 18.00	Yogalates
<b>WEDNESDAY</b>	07:30 - 08:15	Group PT
	09:30 - 10:15	Move It Or Lose It
<b>THURSDAY</b>	07:30 - 08:15	Pilates
	08.15 - 08.45	Circuits
	19.00 - 19.45	Bootcamp Buddies *
<b>FRIDAY</b>	08:15 - 09:15	Pilates Strength
	09:30 - 10:15	TGIFriday
<b>SATURDAY</b>	10.00 - 11.00	Yoga Vinyasa
<b>SUNDAY</b>	10.00 - 10.45	RockBox
	11.00 - 11.30	Kids Rock Box

- Complimentary Guest