



# WELLNESS PROGRAMME

WINTER TIMETABLE 2025

<b>MONDAY</b>	08:15 - 08:45	Tabata
	09:30 - 10:15	Engine
<b>TUESDAY</b>	08:15 - 08:45	Bootcamp Buddies *
	09:45 - 10:30	Body Max
	17:00 - 18:00	Yogalates
<b>WEDNESDAY</b>	08:15 - 09:00	Group PT
	09:30 - 10:15	Move It Or Lose It
<b>THURSDAY</b>	07:30 - 08:15	Pilates
	08:15 - 08:45	Bootcamp
	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>	08:15-09:00	HIIT
	10:00 - 10:45	RockBox
	11:00 - 11:30	Kids Rock Box

\* Complimentary Guest