



Timetable

NOVEMBER

BOOKINGS REQUIRED FOR CYCLE

PH: 9576 5559 STAFFED HOURS: MON-SUN 8:00AM-12:00 & MON-THU 4:00PM-8:00PM
OPEN EVERYDAY 5:30AM TO 10:30PM

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

6:00AM
STRONGFIT

GEMMA

6:00AM
GROUP TRAIN

MOLLY

6:00AM
ARMS & ABS

CAROLINE

6:00AM
TRI

ALLIRA

6:00AM
BEACH BOD

EVA

9:00AM
GROUP TRAIN

VARIETY

8:00AM
CYCLE

KOKO/GEMMA

10:15AM
YOGA

IZZY

9:15AM
BEACH BOD

KOKO

9:30AM
ARMS & ABS

GEMMA

9:15AM
FIT FLOW

RAMONA

9:30AM
BOOTI-BURN

MOLLY

9:15AM
TRI

KOKO

9:00AM
FIT FLOW

MOLLY

10:30AM
VIT CIRCUIT

KOKO

10:30AM
VIT STRENGTH

GEMMA

10:30AM
VIT CIRCUIT

RAMONA

10:30AM
VIT CIRCUIT

RAMONA

10:30AM
VIT FIT-BALL

RAMONA

1:00PM
PILATES

CAROLINE

5:30PM
BOOTI-BURN

EVA

6:00PM
BEACH BOD

EVA

5:30PM
BOOTI-CORE

RUBY

6:30PM
CARDIO-PILATES

RUBY

6:30PM
CYCLE/BOX

KOKO

6:30PM
ARMS & ABS

RAMONA

5:45PM
THT

RAMONA

7:30PM
YOGA

MEITAL

6:45PM
YOGA

MEITAL

