



KINGS BIRTHDAY PUBLIC HOLIDAY

Mon 12th June 2023

Centre hours: 8:00am -7:00pm

GROUP FITNESS CLASSES

CYCLE STUDIO

Virtual SPRINT	8:15am
Virtual RPM	9:30am
Virtual SPRINT	10:45am
Virtual SPRINT	1:30pm
Virtual SPRINT	4:30pm
Virtual RPM	6:00pm

GROUP FITNESS STUDIO

Virtual Core	8:15am
Virtual Body Balance	9:30am
Virtual Body Pump	10:45am
Virtual Barre	4:00pm
Virtual Core	5:30pm

AQUA

Aqua Movers	8:15am
Aqua Movers	9:15am