

PAY AS YOU GO FITNESS TIMETABLE

No contract needed - Ts&Cs apply

Access limited to class specific studios

No access to weight training and equipment sector

MONDAY

● Zumba 08:00

● Kickboxing 18:00

● Zumba 19:15

TUESDAY

● Spinning 05:00

● Abs and Stretch 18:00

● Boxing 19:15

WEDNESDAY

● Yoga 05:00

● Strength Cardio 08:00

● Strength Cardio 17:00

● Kickboxing 18:00

● Step Class 19:15

THURSDAY

● Aerobics 05:00

● HITT / Cardio 07:30

● Mobility & Rejuvenation 09:00

● Senior Citizen Yoga 16:00

● Spinning 17:00

● Yoga 17:30

● HITT 18:00

FRIDAY

● Functional Fit 05:00

● Yoga 05:00

● Spinning 07:30

SATURDAY

YOGA
07:00

010 442 1150



079 837 3780

