



GROUP FITNESS TIMETABLE 2023



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Sweat (45 min)	Spin (45 min)	Sweat (45 min)	Spin (45 min)	Reformer Pilates (45 min)		
7:15am	Mat Pilates (45 min)	Mat Pilates (45 min) Reformer Pilates (45 min)	Reformer Pilates (45 min)	Reformer Pilates (45 min)	Core (45 min)	Spin (45 min)	
8:15am	Reformer Pilates (45 min)				Reformer Pilates (45 min)	Mat Pilates (45 min)	Reformer Pilates (45 min)
9:15am		Reformer Pilates (45 min)	Reformer Pilates (45 min)	Mat Pilates (45 min)	Strength (45 min) Reformer Pilates (45 min)	Sweat (45 min)	Mat Pilates (45 min)
10:30am	One Life (60 min)			One Life (60 min)			
12:30pm		Reformer Pilates (45 min)	Core (45 min) Reformer Pilates (45 min)				
4:00pm				Reformer Pilates (45 min)			
5:00pm		Core (30 min)		Reformer Pilates (45 min)			
5:30pm		Reformer Pilates (45 min)	Strength (45min)		Reformer Pilates (45 min)		
6:00pm				Reformer Pilates (45 min)			
6:15pm	Strength (45 min) Spin (45 min)	Sweat (45 min)	Spin (45 min)				
7:00pm				Boxing (60 min)			



YOGA TIMETABLE 2023



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Dynamic Yoga (60 min)				Ashtanga Modified Primary Series (60 min)		
7:00am		Slow Flow (60 min)	Ashtanga Modified Primary Series (60 min)	Rise & Shine (60 min)		Hatha Yoga (60 min)	
8:00am							Slow Flow# (60 min)
8:15am					Beginners Blend (60 min)	Rocket Yoga (60 min)	
9:00am							Eight Limbs of Yoga* (120 min)
9:15am							Deeper Yin** (120 min)
9:30am	Beginners Blend (60 min)	Hatha Yoga (60 min)	Yin Yoga (75 min)	Yin Yoga (80 min)	Dynamic Yoga (60 min)	Yin Yoga (75 min)	
11:00am	Traditional Hatha (60 min)	Gentle Yoga (60 min)	Gentle Yoga (60 min)		Restorative Yoga (75 min)		
12:30pm			Slow Flow (60 min)				
4:00pm							Weekend Wind Down (75 min)
5:00pm			Qigong (45 min)		Qigong (45 min)		
5:30pm							Yoga Nidra Meditation (45 min)
6:00pm	Ashtanga Modified Primary Series (75 min)	Vinyasa (60 min)	Yin Yoga (80 min)	Slow Flow (60 min)	Yin Yoga (80 min)		
7:15pm				Meditation (60 min)			

* First Sunday of each month only ** Third Sunday of each month # Excluding First Sunday of each month