



Enjoy Luxury & Feel Energised  
in Unrivalled Surroundings

## Fitness Class Schedule

Commencing Monday 09<sup>th</sup> to Saturday 14<sup>th</sup> March 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am	Pure Spin 1	Spring into Summer	Pure Spin 2	Spring into Summer	Pure Spin 3	Spring into Summer
11am						
1pm	Circuit Training	*TRX	Aqua Aerobics	Pump & Sculpt	Fitball	Lunchtime Spin
5pm	Peloton On Line class	Spinning		Spinning	10-10-20(Mixed fitness class)	
5.30pm						YouTube Fitness Class
5.50pm		Box – Fit		2020 Circuit	Peloton On Line class	
6.30pm		YouTube Fitness Class	Virtual Spin			

### Terms & Conditions

Please note morning fitness classes start time 7am sharp.

Minimum of 4 people for class to commence.

Online classes are programmed through YouTube. This is available at any time, subject to studio availability.

Virtual Spin is available at any time, subject to studio availability.

\*2020 – 20 minutes cardio, 20 minutes resistance.

\*NYNU – New Year New You, a combination of cardio & weight training.

\*TRX (Takes place in the Tennis Courts)

## Luxury. Relaxed