



NOVEMBER TIMETABLE



MONDAY

8:00-9:00
Functional Fitness Open
Gym
9:00-12:00
Family Open Gym
18:20-18:50
Kettlebells- Claire
19:10-19:40
Tabata- Claire

TUESDAY

8:00-15:00
Functional Fitness Open Gym
10:00-10:30
Toddler Yoga
10:45-11:45
Pregnancy Yoga
15:30-16:15 (2nd fl)
Kids Fit Club (P5-P7)- Caitlin
15:30-16:15 (3rd fl)
Functional Strength & Fitness- Andy
17:45-18:16
Step it Up!- Caitlin

WEDNESDAY

8:00-11:30
Functional Fitness Open Gym
10:00-11:00
Hatha Yoga- Tammy
12:00-15:00
15:30-16:15
Strength & Fitness Fusion- Chrystal
15:30-16:15
Kids Fit Club (P1-P4)- Claire
Family Open Gym
17:30-18:00
Hatton Boxing- Claire
18:20-18:50
Studio Strength- Claire
Pilates- Pavlina
19:10-20:10pm

THURSDAY

8:00-17:00
Functional Fitness Open
Gym
17:30-18:10
Women Who Lift- Tammy
18:20-19:00
Hatha Yoga- Tammy

FRIDAY

8:00-11:30
Functional Fitness Open Gym
10:00- 11:00
Pilates- Tammy
12:00-15:00
Family Open Gym
16:00-20:00
Functional Fitness Open Gym

SATURDAY

9:00-16:00
Open Gym Functional
Fitness Area & Studio
13:00-16:00
2nd Floor Open gym
open to P1 & up for
BEAM and age 10 and
up to train alongside
parents

SUNDAY

9:00-16:00
Open Gym Functional
Fitness Area & Studio
13:00-16:00
2nd Floor Open gym
open to P1 & up for
BEAM and age 10 and
up to train alongside
parents

**Functional
Strength
& Fitness
Open Gym
Mon - Fri
8:00-20:00
Sat & Sun
9:00-16:00**

Fitness to Feel Better

