

Fitness Classes

Monday 3rd to Friday 28th June

Monday

7:30am - 8:15am

iCycle

9:20am - 9:50am

Piloxing Knockout

Not 3rd June

10:00am - 10:45am

Beat Fit

Not 3rd June

6:00pm - 6:45pm

iCycle

7:00pm - 8:00pm

Shape Up

Tuesday

6:00pm - 6:45pm

Legs bums & tums

7:00pm - 8:00pm

iCycle & Tone

Wednesday

9:20am - 9:50am

HIIT

10:00am - 10:45am

PiYo

6:00pm - 6:45pm

Cardio Blast

7:00pm - 8:00pm

iCycle & Tone

Thursday

9:30am - 10:30am

Core and Stretch

Not 6th and 13th June

7:00pm - 8:00pm

iCycle and Tone

Friday

9:30am - 10:30am

Shape Up

Not 7th and 14th June

6:00pm - 7:00pm

Adult Swim Fit
