

FITNESS CLASSES

AQUA AEROBICS

Monday & Friday 10.30am – 11.15am

FITNESS CLASSES

Monday & Wed 6.00pm Test Your Limits (HIIT)

Tue & Thurs 5.15pm Hustle (Bootcamp)

Saturday 10.00am Hustle (Bootcamp)

PERSONAL TRAINING

Monday to Friday 8.00am, 2.00pm & 7.00 pm

Saturday 2.00pm & 3.00pm

DOWNLOAD OUR APP TO BOOK – PLACES ARE LIMITED

