

Easter Weekend Group Fitness Classes

Live instructor classes in **BOLD**

Friday 2nd April – Centre closed

No classes - Gym open 24/7

Saturday 3rd April – Centre open 8.00am to 7.00pm

8.15am Aqua Workout

Cycle Studio	Group Fitness Studio
8.15am CBC	8.15am Body Balance
9.30am Virtual RPM	9.30am Virtual Body Pump
10.45am Virtual SPRINT	10.45am Virtual CX Worx
1.30pm Virtual RPM	
4.30pm Virtual RPM	4.00pm Virtual Body Combat
6.00pm Virtual Sprint	5.30pm Virtual Body Pump

Sunday 4th April – Centre open 8.00am to 7.00pm

Cycle Studio	Group Fitness Studio
8.15am Virtual RPM	8.15am Virtual Body Balance
9.30am Virtual RPM	9.30am Virtual Body Combat
10.45am Virtual SPRINT	10.45am Virtual Body Pump
1.30pm Virtual RPM	
4.30pm Virtual RPM	4.00pm Virtual LM Barre
6.00pm Virtual Sprint	5.30pm Virtual Body Balance



Monday 5th April – Centre open 8.00am to 7.00pm

8.15am Aqua Movers 9.15am Aqua Movers

Cycle Studio	Group Fitness Studio
8.15am Virtual SPRINT	8.15am Virtual CX Worx
9.30am Virtual RPM	9.30am Virtual Body Balance
10.45am Virtual SPRINT	10.45am Virtual Body Combat
1.30pm Virtual SPRINT	
4.30pm Virtual SPRINT	4.00pm Virtual LM Barre
5.00pm Virtual RPM	5.30pm Virtual CX Worx
6.00pm Virtual RPM	6.00pm Virtual Body Combat