



## GYM AND GROUP FITNESS TIMETABLE

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am		Living Legend (Gym)**	Living Legend (Gym)**	Functional Fit	Pilates 1 (Fundamentals)	
9.00am	Strength & Tone	Pilates 2 Progressive	Music & Moves	Balls and Bands	Body Stretch	Boxing
10.00am	Pilates 1 (Fundamentals)	Weight It Out	Chair Yoga	Dynamic Vinyasa		
11.00am	Chair Yoga					
4.00pm		Supervised Gym		Supervised Gym		
5.00pm	Pilates 2 (Progressive)					
5.30pm		ABT45	Yoga			
6.00pm				CURRENT AS OF FEBRUARY 2025		