

Class Timetable 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FUSION CLASS 09.30 - 10.00	CYCLE CLASS 09.30 - 10.00	PILATES 09.30 - 10.15	SUSPENSION CLASS 09.30 - 10.00	PILATES 09.00 - 09.45	CYCLE CLASS 9.30 - 10.00
PILATES BEG 09.30-10.00	BABIES SWIM (SURCHARGE) 09.30-13.30	TONIC TONE 10.30-11.00		TONIC TONE 09.50 - 10.20	ABS CLASS 10.00 - 10.15
AQUA AEROBICS 10.30 - 11.15		AQUA AEROBICS 10.30 - 11.15		AQUA AEROBICS 10.30 - 11.15	
	SWIM LESSONS (SURCHARGE) 15.30 - 18.00				
CYCLE CLASS 18.00 - 18.30		CYCLE CLASS 18.00 - 18.45	CYCLE CLASS 18.00 - 18.45	CYCLE CLASS 18.00 - 18.30	
CYCLE CLASS 18.45 - 19.15	HIIT TRAINING 19.00 - 19.45	AB BLAST 18.45 - 19.00	HIIT TRAINING 19.00 - 19.30	ABS CLASS 18.30 - 18.45	
FUNCTIONAL TRAINING 19.30 - 20.15	PILATES 20.00 - 20.45				

MEMBERSHIP INCLUDES THE FOLLOWING:

- A wide variety of complimentary classes
- Unlimited use of gym, pool, sauna, steam room and jacuzzi
- 10% discount on food & beverage in the hotel (on presentation of a valid membership key tag)
- Free personal fitness programs created for you, by our qualified team
- Please note- if signing a child up who wishes to use the gym, a copy of their birth certificate is required. Access to gym will not be permitted otherwise
- Discounts on spa treatments available for members throughout the year

PLEASE NOTE THE ABOVE TIMETABLE IS VALID FROM FEBRUARY 2018 & SUBJECT TO CHANGE

- All classes are included in membership rate.
- A minimum of 3 people required for the class to commence.
- No admittance to class 5 minutes after start time.