



Weekly Activity Timetable 5th - 31st August 2024

	Timing	Activity	Age	Trainer
Monday	07:00 – 08:00	Gym Energy Class	18 y.o.	Dale/Patrick
	08:15 – 09:15	Power	18 y.o.	Dale/Patrick
	09:30 – 10:30	Satyananda Yoga	18 y.o.	Shashi
	11:15 – 12:15	Power Warrior	18 y.o.	Shashi
	17:15 - 18:15	Functional Fusion	18 y.o.	Dale/Patrick
	18:30 – 19:30	Stretch	18 y.o.	Shashi
Tuesday	08:15 – 09:15	Power Warrior	18 y.o.	Shashi
	9:30 – 10:30	Cell-U-Loss	18 y.o.	Dale/Patrick
	11:15 – 12:15	Satyananda Yoga	18 y.o.	Shashi
	17:15 - 18:15	Vinyasa flow	18 y.o.	Shashi
	18:30 - 19:30	Power	18 y.o.	Dale/Patrick
Wednesday	07:00 – 08:00	Functional Fusion Class	18 y.o.	Dale/Patrick
	08:15 – 09:15	Cell-U-Loss	18 y.o.	Dale/Patrick
	09:30 – 10:30	Hatha Yoga	18 y.o.	Shashi
	11:15 – 12:15	Yoga Nidra	18 y.o.	Shashi
	17:15 – 18:15	Power	18 y.o.	Dale/Patrick
	18:30 – 19:30	Power Warrior	18 y.o.	Shashi



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	Timing	Activity	Age	Trainer
Thursday	08:15 – 09:15	Vinyasa Flow	18 y.o.	Shashi
	09:30 - 10:30	Energy	18 y.o.	Dale/Patrick
	11:15 – 12:15	Restorative	18 y.o.	Shashi
	17:15 - 18:15	Hatha Yoga	18 y.o.	Shashi
	18:30 - 19:30	Cell-U-Loss	18 y.o.	Dale/Patrick
Friday	08:15 - 09:15	Power	18 y.o.	Dale/Patrick
	11:30 - 12:30	Power	18 y.o.	Dale/Patrick
	18:00 - 19:00	Functional Fusion	18 y.o.	Dale/Patrick
Sat	08:15 - 09:15	Bootcamp	18 y.o.	Dale/Patrick
	11:00 - 12:00	Cell-U-Loss	18 y.o.	Dale/Patrick
Sunday	09:30 - 11:00	Warrior Flow	18 y.o.	Shashi
	12:00 - 12:45	Yoga Nidra	18 y.o.	Shashi
	18:00 - 19:00	Restorative Yin	18 y.o.	Shashi

CLASS BOOKING REQUIREMENTS

- Kindly note that class schedule may be adjusted during special events and holidays
- Booking is required for all classes.
- For us to provide a safe and well delivered class, please arrive 5 mins before the start of the class.
- Cancellations must be noted 12 hours prior to the class start time to avoid a cancellation fee.