



Weekly Activity Timetable 14th July - 4th August 2024

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



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	Timing	Activity	Age	Trainer
Friday	08:15 - 09:15	Cell-U-Loss	18 y.o.	Dale
	11:30 - 12:30	Power	18 y.o.	Dale
Sat	08:15 - 09:15	Bootcamp	18 y.o.	Dale
	11:30 - 12:30	Cell-U-Loss	18 y.o.	Dale
Sunday	09:15 - 10:45	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

THERE WILL BE NO CLASSES FROM 19TH - 22ND JULY AND WILL RESUME ON 23RD JULY

CLASS BOOKING REQUIREMENTS

- Please kindly note that classes on occasion may adapt due to special events.
- Classes marked with * are not included in membership, and therefore will be chargeable for all attendees.
- Booking is required for all classes.
- For us to provide a safe and well delivered class, please kindly arrive 5 mins before class begins and no more than 10 minutes late.
- Cancellations must be noted 24 hours prior to the class start time.