

POP-UP GROUP EXERCISE TIMETABLE

AUGUST 2026



Tuesday
11th, 18th, 25th 7:00PM - 7:45PM **Aqua Zumba®**

Thursday
6th, 13th, 20th, 27th 11:30AM - 12:00PM **MX4 (Gym)**

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
COACH BY COLOUR		* NEW/UPDATED
Although not essential, we would recommend booking to guarantee your space		

