

# POP-UP GROUP EXERCISE TIMETABLE

## MARCH 2026



### Wednesday 18th, 25th

7:20AM - 8:20AM **Yoga (Flow)**

### Thursday 5th, 12th, 19th, 26th

10:10AM - 10:55AM **Les Mills BODYPUMP HEAVY™**

6:45PM - 7:45PM **PLYROX**

### Friday 6th, 13th, 20th, 27th

7:35PM - 8:05PM **Yoga (Nidra)**

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

