

POP-UP GROUP EXERCISE TIMETABLE

JANUARY 2025



Monday 6th, 13th, 20th, 27th

7:00PM - 8:00PM **Group Cycling**

Wednesday 8th, 15th, 22nd, 29th

8:45AM - 9:15AM **HIIT**

Wednesday 15th, 22nd, 29th

9:00AM - 10:00AM **Yoga (Wake Up)**

Thursday 16th

8:00AM - 9:00AM **Yoga (Wake Up)**

Friday 17th

8:00AM - 9:00AM **Yoga (Hatha)**

Sunday 5th

9:30AM - 10:30AM **Yoga (Gentle)**

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		

