

# POP UP TIMETABLE

## SEPTEMBER 2024



### Monday 2nd, 9th, 16th, 23rd, 30th

8:45AM - 9:30AM **Group Cycling**

12:45PM - 1:15PM **Zumba®**

1:15PM - 1:45PM **Zumba®**

6:15PM - 7:00PM **Body Conditioning**

### Tuesday 17th, 24th

4:00PM - 4:45PM **Les Mills Strength Development™**

### Wednesday 4th, 11th, 18th, 25th

6:30AM - 7:00AM **HIIT™ (Cardio)**

### Wednesday 11th, 18th, 25th

9:00AM - 10:00AM **Yoga (Hatha)**

### Wednesday 18th, 25th

4:00PM - 5:00PM **Strictly FitSteps®**

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

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

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

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

### Sunday 15th, 22nd, 29th

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

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		

