

# POP UP TIMETABLE

## JULY 2024



### Monday 1st, 8th, 15th

8:45AM - 9:30AM **HIIT**

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

### Monday 1st, 8th, 15th, 22nd, 29th

7:00AM - 7:45AM **Yoga (Vinyasa)**

### Thursday 4th, 11th, 18th, 25th

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

### Thursday 11th, 18th, 25th

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

### Friday 5th, 12th, 19th, 26th

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

### Sunday 21st

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		

