

POP UP TIMETABLE

JUNE 2024



Monday 3rd, 10th, 17th, 24th

8:45AM - 9:30AM **HIIT (Step) (Strength)**

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

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

Monday 17th, 24th

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

Tuesday 4th, 11th, 25th

4:00PM - 5:00PM **Zumba®**

Wednesday 12th, 19th, 26th

7:00AM - 7:45AM **HIIT (Step)**

Thursday 6th, 13th, 20th, 27th

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

6:45PM - 7:45PM **Zumba®**

Thursday 6th, 13th, 20th

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

Friday 7th, 14th, 21st

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

Sunday 2nd, 16th, 30th

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		

