

What's On		Monday
	9.10am	Aqua
	9.30am	Reformer Pilates
		BODYPUMP
	10.30am	Reformer Pilates
	11.00am	Aqua
	5.30pm	Reformer Pilates
	6.30pm	Reformer Pilates



Use our
facility
code:
TRAC

**Download the Active World App
to book your group fitness classes**

Note: Timetable is subject to change. Always check
Active World App for most up-to-date class schedule.