

What's On		Monday
	8.15am	Aqua
	8.30am	Reformer Pilates
	9.30am	BODYPUMP
		Reformer Pilates
	10.30am	Warm Water Aqua
		RPM
	10.35am	BODYCOMBAT
11.40am	Yoga	



Please note the timetable is subject to change. Always check Active World App for most up-to-date class schedule.

Click here to download the Active World App to book your group fitness classes.