



Easter Holidays

31 March – 1 April 2024*

Group Fitness Timetables**

Sunday 31 March

8:30am – RPM

9:30am – Body Pump

Monday 1 April

8:00am – Silver Sneakers

8:30am – Spin

9:00am – Metafit

9:30am – Body Pump

Sunday 31 March

9:15am – Yoga

Monday 1 April

9:15am – Kardio Killer

10:15am – Yin Yoga

Sunday 31 March

No Classes – Gym Only

Monday 1 April

10:30am – Power Bar

*All centres closed Good Friday 29 March

**Classes running as normal Saturday 30 March

