

What's On		Monday
	8.15am	Aqua
	8.30am	Reformer Pilates
	9.30am	BODYPUMP
		Reformer Pilates
	10.15am	Warm Water Aqua
	10.30am	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.