



GET MOTIVATED CONQUER 2024

JOIN US, THERE'S STRENGTH IN NUMBERS



ACTIVITY PROGRAMME

MONDAY

Core
Cardio Cycle

6.15pm - 6.45pm
6.45pm - 7.15pm

TUESDAY

Cardio Cycle
Pilates
10 Rounds
Pilates

6.15am - 7.00am
6.00pm - 7.00pm
6.15pm - 6.45pm
7.00pm - 8.00pm

WEDNESDAY

Cardio Box
Cardio Cycle

6.15pm - 6.45pm
6.45pm - 7.15pm

THURSDAY

Cardio Cycle
Pilates
Core
Pilates

6.15am - 7.00am
6.00pm - 7.00pm
6.15pm - 6.45pm
7.00pm - 8.00pm

FRIDAY

Cardio Cycle
Gym circuits
Gym circuits

5.30pm - 6.00pm
6.00pm - 6.30pm
6.30pm - 7.00pm

SATURDAY

Gym Circuits

9.15am - 9.45am

ADDITIONAL INFORMATION

- All classes must be booked online in advance
- Members 8 days | Non members 4 days advance online booking
- Please arrive 5 mins before the class starts
- Please wear appropriate clothing & footwear
- Please bring water bottle with you
- Toilets, changing rooms and showers are available

Make bookings simpler.
Download the getactiveabc app

