

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODYPUMP	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	BODYCOMBAT		
	BURN	BURN	BURN	BURN	BURN		
6:30am		SPIN		SPIN			
7:00am	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
	BURN		BURN		BURN		
	AERIAL YOGA	HOT YOGA		HOT YOGA	AERIAL YOGA		
8:30am						REFORMER PILATES	SPIN
9:00am						BODYPUMP	REFORMER PILATES
9:30am						BURN	AERIAL YOGA
	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	
	BARRE	YOGALATIES	HOT YOGA		BARRE	HOT YOGA	
10:00am						BODYCOMBAT	REFORMER PILATES
10:30am	ZUMBA	STRENGTH & CONDITIONING (1HR)		STRENGTH & CONDITIONING (1HR)		YIN YOGA	YIN YOGA
	REFORMER PILATES		REFORMER PILATES		REFORMER PILATES	REFORMER PILATES	
11:00am							REFORMER PILATES
12:15pm	BURN 30		BURN 30		BURN 30		
	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
5:00pm	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
5:15pm	BURN	BURN	BURN	BURN			
5:30pm	HOT YOGA		HOT YOGA				
6:00pm	SPIN	YOGA	SPIN				
	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
6:15pm		BODYCOMBAT		BODYCOMBAT			
7:00pm	BODYPUMP		BODYPUMP				
	YIN YOGA	YIN YOGA	YIN YOGA				

This is subject to change. For the most up-to-date Timetable, please check the South Pacific App.

■ GROUP FITNESS Studio
 ■ CYCLE Studio
 ■ BURN Studio
 ■ YOGA Studio
 ■ REFORMER Studio

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