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# SUNDAY

16:30-17:00 METAFIT

18:30-19:30 VINYASA YOGA

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# MONDAY

07:00-08:00 DDP YOGA

09:30-10:30 BODYPUMP

12:10-12:40 METAFIT

18:00-19:00 VINYASA YOGA

19:10-19:55 GROUP WEIGHT TRAINING

20:00-20:45 METAFIT

20:45-21:30 PIYO **NEW!**

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# TUESDAY

09:30-10:30 PIYO

10:45-11:45 HIP HOP FITNESS  
(WOMEN ONLY)

13:00-13:45 VINYASA FLOW YOGA

15:45-16:45 FAMILY YOGA

17:30-18:00 INSANITY

18:15-19:00 CIRCUITS

19:10-19:55 LEGS, BUMS & TUMS

20:00-21:00 HATHA YOGA

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# WEDNESDAY

06:00-06:45 COMMUNITY JOG **FREE**

07:00-08:00 PILATES CORE

09:30-11:00 POWER VINYASA YOGA **NEW!**

17:30-18:00 METAFIT

18:00-19:00 POWER VINYASA YOGA

19:10-19:55 CIRCUITS

20:00-21:00 PIYO

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# THURSDAY

09:30-11:00 ASHTANGA YOGA **NEW!**

12:10-12:45 METAPWR

13:00-13:45 CIRCUITS **FREE!**

14:00-15:00 GROUP WEIGHT TRAINING  
FOR BEGINNERS **NEW TIME!**

17:00-18:00 BODYPUMP

18:15-19:00 PIYO

19:10-19:50 HATTON BOXING

19:00-20:00 PILATES   
10 HENDERSON ST **NEW!**

20:00-21:00 GROUP WEIGHT TRAINING

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# FRIDAY

07:00-07:45 CIRCUITS **NEW!**

09:30-10:30 PILATES FOR BEGINNERS

10:45-11:45 BARRE STRETCH FITNESS

13:00-13:45 INSANITY

17:45-18:15 METAFIT

18:30-19:30 BODYPUMP

19:45-20:45 HATHA YOGA

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# SATURDAY

09:00-09:45 LEGS, BUMS & TUMS

10:00-11:15 VINYASA YOGA

11:30-12:15 BODYPUMP

12:30-13:00 METAFIT

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