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Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:00 Core Conditioning	8:30-9:15 Aquafit	9:30-10:25 Circuits	8:30-9:15 Aquafit	8:15-9:00 Spinning	9:30-10:15 Spinning
10:15-11:00 Blockfit	9:30-10:30 Spinning	11:00-11:55 Pilates	9:45-10:30 Aquafit	9:30-10:15 Spinning	10:45-11:15 HIIT-FIT
11:15-12:10 Pilates	9:45-10:30 Aquafit			11:00-11:55 Fitness Pilates	11:45-12:30 Fitness Yoga
12:30-13:25 Fitness Pilates	13:00-13:55 Pilates	12:30-13:25 Pilates	12:30-13:25 Yoga		
18:00-18:45 Cardio Pump	18:00-18:30 HIIT-FIT	16:30-17:15 Adult Ballet	18:00-18:45 Spinning	18:30-19:30 Hatha Yoga	
19:00-19:45 Group Fight	19:00-19:45 Fitness Yoga	18:00-18:45 Spinning			

EFFECTIVE 12TH JULY 2021

Don't forget you'll need to book a guaranteed slot in advance using the FitSense App, via the Clubwise login on our website or contact Reception.