

Sports Programme

From	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:15 - 10:00	Circuit training	Circuit training		Circuit training	Circuit training	Circuit training	Circuit training
09:15 - 10:00	Spinning	Spinning	Spinning	Spinning			
10:00 - 11:00		Pilates			Pilates		
10:15 - 11:00	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit
11:30 - 12:00		Outdoor Workout			Outdoor Workout		
11:30 - 12:15	Stretching*					Stretching*	



All activities must be pre-booked 48 hours in advance to avoid disappointment.
 Number of participants limited to maximum 8 only, when inside.
 Please note that the Pilates class is subject to 3 participants.

*Mandatory to bring towel or yoga mat.
 This programme may be subject to change without prior notice.

