



Please arrive 5-10 minutes earlier and bring a towel and water bottle to each session.

Boot Camps 6am – Mon to Sat

Boot Camps 5:45pm – Mon to Thurs

Mothers Group 9:30am – Mon to Fri

Cancellation Policy

Please take note that failure to give at least 4 hours notice on not attending a lesson you booked or not showing up will result in you being charged the session fee for that class. Different circumstances for emergencies will be taken into consideration.