

















# RPM Studio

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6:10am							Last Sun month
8:30am							9:30am Tech RPM
9:30am							10 am 
6:00pm							
6:30pm							
7:30pm							

# Group Fitness Studio

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6:10am		Boxing Circuit					
9:30am		Yoga (9am)			Yoga		9:15 
10:30am				Pilates	* Meditation* (30 mins)		
11:30am		Active Adults		Active Adults			
5:30pm							
6:30pm	THT (Tummy Hips & Thighs)			Boxing			
7:30pm			*Pilates*	Yoga			

**Timetable  
Starting  
1st  
September**

**CLASS OF  
THE MONTH**  
Tummy Hips  
& Thighs

Bring a friend  
to try THT  
For FREE  
for the month  
of September!

