

Gardens Point Fitness Timetable



MON

TUE

WED

THU

FRI

SOCIAL SPIN SQUAD
11:30AM - 12:30PM
VIRTUAL SPORT STUDIO

PILATES
12 - 1PM
STUDIO 1

CYCLE FIT
7 - 8AM
VIRTUAL SPORT STUDIO

YOGA ACTIVE FLOW
12 - 1PM
STUDIO 1

SOCIAL SPIN SQUAD
11:30AM-12:30PM
VIRTUAL SPORT STUDIO

YOGA ACTIVE FLOW
12 - 1PM
STUDIO 1

DROP IN CYCLING
12:30 - 1:30PM
VIRTUAL SPORT STUDIO

PILATES
12 - 1PM
STUDIO 1

DROP IN CYCLING
12:30 - 1:30PM
VIRTUAL SPORT STUDIO

PILATES
12 - 1PM
STUDIO 1

BOXING
5 - 6PM
GYM

BREATHWORK AND MINDFULNESS
1 - 2PM
STUDIO 1

YOGA
5:30 - 6:30PM
STUDIO 1

BOXING
5 - 6PM
GYM

YOGA
5:30 - 6:30PM
STUDIO 1

FUNCTIONAL FITNESS
5 - 6PM
GYM

VIRTUAL CYCLING

STRENGTH & BOXING

MIND & BODY