



SPORT

GARDENS POINT FITNESS TIMETABLE

MON

TUES

WED

THURS

FRI

VIRTUAL CYCLE CLUB
6-9 AM
VIRTUAL CYCLING
STUDIO

VIRTUAL CYCLE CLUB
10 AM-12 PM
VIRTUAL CYCLING
STUDIO

VIRTUAL CYCLE CLUB
6-9 AM
VIRTUAL CYCLING
STUDIO

VIRTUAL CYCLE CLUB
10 AM-12 PM
VIRTUAL CYCLING
STUDIO

VINYIN YOGA
12-1 PM
STUDIO 1

PILATES
7:30-8:30 AM
STUDIO 1

PILATES
12-1 PM
STUDIO 1

YOGA ACTIVE FLOW
12-1 PM
STUDIO 1

PILATES
12-1 PM
STUDIO 1

BOXING
5-6 PM
GYM

**YOGA
ACTIVE FLOW**
12-1 PM
STUDIO 1

BOXING
5-6 PM
GYM

HYBRID30
1-1:30 PM
GYM

YOGA
5:30-6:30 PM
STUDIO 1

HIIT30
1-1:30 PM
GYM

YOGA
5:30-6:30 PM
STUDIO 1

**FUNCTIONAL
FITNESS**
4:30-5:30 PM
GYM

CARDIO

STRENGTH &
BOXING

MIND &
BODY