

GARDENS POINT FITNESS TIMETABLE



Group Fitness

MON	TUES	WED	THURS	FRI
PILATES 7:30-8:30 AM STUDIO 1	PILATES 12-1 PM STUDIO 1	YOGA ACTIVE FLOW 12-1PM STUDIO 1	PILATES 12-1 PM STUDIO 1	VINYIN YOGA 12-1 PM STUDIO 1
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	BOXING 5-6 PM GYM
HIIT30 1-1:30 PM GYM	YOGA 5:30-6:30 PM STUDIO 1	FUNCTIONAL FITNESS 4:30-5:30 PM GYM		

Virtual Cycling

MON	TUES	WED	THURS
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

Pool

MON	WED	FRI
SQUAD FIT 6-7 AM POOL	SQUAD FIT 6-7 AM POOL	SQUAD FIT 12-1 PM POOL
AQUA AEROBICS 10-11 AM POOL	AQUA AEROBICS 8:30-9:30 AM POOL	
AQUA AEROBICS 11 AM-12 PM POOL	AQUA AEROBICS 9:30-10:30 AM POOL	

*All group fitness classes are
subject to instructor availability