

Wellness Studio | Class Schedule

Monday

Time

Location

Pilates

17.45

Wellness Studio

Aerial Yoga

18.45

Jump Jersey

Tuesday

Aerial Yoga

17.45

Jump Jersey

Gentle Yoga

18.45

Jump Jersey

Aqua Fit

9.30

Outdoor Pool

Wednesday

Vinyasa Yoga

9.30

Wellness Studio

Yin Yoga

17.45

Jump Jersey

Hula Fitness

17.45

Jump Jersey

Pilates

18.45

Jump Jersey

Thursday

Pilates

9.30 & 18.45

Wellness Studio

Saturday

Pilates

8.00 & 9.00

Wellness Studio

Sound Bath

10.00

Wellness Studio