



OUTDOOR CLASSES

TIMETABLE

MONDAY - FRIDAY

07:15 - 08:00 - SPIN

08:30 - 09:00 - HIIT

09:15 - 10:00 - KETTLEBELLS

10:15 - 10:45 - STRETCH & FLEX

16:15 - 17:00 - BOOTCAMP

17:15 - 17:45 - HIIT

18:15 - 19:00 - SPIN

19:15 - 19:45 - STRETCH & FLEX

SATURDAY & SUNDAY

09:15 - 10:00 - SPIN

10:30 - 11:00 - HIIT

11:15 - 11:45 - STRETCH & FLEX

SIMPLY CREATE AN
ACCOUNT ON THE
MYWELLNESS APP OR
WEBSITE AND YOU
WILL BE ABLE TO
BOOK A CLASS OF
YOUR CHOICE.



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