

Outdoors Fitness Classes

Mon

Low impact & Flexibility
09:45- 10:30am

Full Body
6:30 - 7:15pm

Tues

Core Strength & Functional
movement
10:00 - 10:45am

Abs Almighty
7:00 - 7:30pm

Wed

Low impact & Flexibility
09:45- 10:30am

DumbBell Madness
6:45 - 7:30pm

Thur

Golden Fitness
9:45 - 10:30am

Pilates
with Miranda (Zoom)
7:15 - 8:15pm

Fri

Golden Fitness
10:00 - 10:45am

Legs & Core Reps
6:45 - 7:15pm

Sat

Bootcamp with Hanae
10:00 - 11:00am

All bookings to be made on the members area!