

Fitness Classes

Mon

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

HIIT
6:30 - 7:15pm

Tues

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

Totally Abs
7:00 - 7:30pm

Wed

Low impact Full body
09:45 - 10:30am

DumbBell Madness
6:45 - 7:30pm

Thur

Golden Fitness
9:45 - 10:30am

Pilates Fitness
7:30 - 8:30pm

Fri

Outdoor Golden Fitness
Court 8
10:00 - 10:45am

Pilates
12:30 - 13:30pm

Full Body
6:45 - 7:15pm

Sat

Bootcamp with Hanae
Court 7
10:00 - 11:00am