

Fitness Class Timetable

Monday - Aqua (Erin, 10am),
Stretch and Mobility (Erin, 2pm)

Tuesday - Ski-Fit (Chris, 7pm)

Wednesday - Functional fitness (Georgina, 10am)

Thursday -

Nordic Walking (Chris, 9.30am) **Training provided*
Stretch & Mobility (Georgina, 2pm)

Friday - Aqua (Erin, 10am)

Sunday - Yoga (Charlotte, 5pm)

Charges apply for timeshare members and non-members.

All classes must be pre-booked on the members portal
Classes are subject to change during school holidays and subject to availability