

# GROUP EXERCISE SCHEDULE

\*As of 20th April 2026

	MON	TUE	WED	THU	FRI	SAT
6 AM	Aqua HIIT	<u>HIIT Cardio</u>	Aqua Blast	<u>HIIT Strength</u>	Aqua Blast	Aqua Combo (7:00am)
8:00 AM	-	-	Aqua Combo	-	-	<u>Yoga</u>
9 AM	Aqua Combo	Aqua HIIT	Aqua Combo ----- <u>Stretch &amp; Strength</u>	Aqua Blast	Aqua Combo ----- <u>Mat Pilates</u>	-
10 AM	Aqua Combo	Aqua Low Impact	-	-	Aqua Low Impact	-
3:45 PM	-	<u>Mat Pilates (3:45-4:15)</u>	-	-	-	-
5:30 PM	<u>Move To Improve</u>	Aqua Flow	<u>Mat Pilates</u>	Aqua Blast	-	-
6:30 PM	-	-	<u>Yin Yoga</u>	-	-	-

Please book via Active world

# AQUA SCHEDULE

\*As of 20th  
April 2026

	MON	TUE	WED	THU	FRI	SAT
6 AM	Aqua HIIT	-	Aqua Blast	-	Aqua Blast	Aqua Combo (7:00am)
8:00 AM	-	-	Aqua Combo	-	-	-
9 AM	Aqua Combo	Aqua HIIT	Aqua Combo	Aqua Blast	Aqua Combo	-
10 AM	Aqua Combo	Aqua Low Impact	-	-	Aqua Low Impact	-
3:45 PM	-	-	-	-	-	-
5:30 PM	-	Aqua Flow	-	Aqua Blast	-	-
6:30 PM	-	-	-	-	-	-

All classes  
in 25m  
pool

# LAND SCHEDULE

**\*As of 20th  
April 2026**

	MON	TUE	WED	THU	FRI	SAT
6 AM	-	<u>HIIT Cardio</u>	-	<u>HIIT Strength</u>	-	-
8:00 AM	-	-	-	-	-	<u>Yoga</u>
9 AM	-	-	<u>Stretch &amp; Strength</u>	-	<u>Mat Pilates</u>	-
10 AM	-	-	-	-	-	-
3:45 PM	-	<u>Mat Pilates (3:45-4:15)</u>	-	-	-	-
5:30 PM	<u>Move To Improve</u>	-	<u>Mat Pilates</u>	-	-	-
6:30 PM	-	-	<u>Yin Yoga</u>	-	-	-

All classes in Function room or outdoors (weather pending)