

# MONDAY SCHEDULE

07.45am	Intro To Tai Chi
08.30am	Crystal Meditation
08.45am	Apex Spin
09.00am	HITT The Water
09.00am	Pilates Ball
09.45am	Apex Spin Endurance
10.00am	Aerobic & Tone Beginners
10.00am	Cardio Waves
10.45am	Core Board
10.45am	Aqua Dance
11.00am	Dance Mix
11.00am	Age With Beauty Makeup Class*
11.30am	Pilates H2O
11.45am	Drums Alive
12.00pm	Lift
2.00pm	Sound Bath*
2.00pm	Pilates Intermediate
3.00pm	Fashion Tips Workshop
3.45pm	Tai Chi Fan
4.00pm	Aqua Flex
4.00pm	Candlelight Stretch
4.45pm	Ballet Fit
5.00pm	Lift
5.45pm	Apex Spin
6.00pm	Silent Candlelight Stretch
7.00pm	Vinsaya Flow

To book your space please visit Heart + Soul Fitness or call 318, or visit Treatments Reception or call 525.

\* Fee applies, Beauty Shop experiences redeemable against purchase. Experiences are subject to change.

# TUESDAY SCHEDULE

08.30am	Crystal Meditation*
08.45am	Step Intermediate
09.00am	Legs Tums & Bums
09.00am	Cardio Waves
09.45am	Apex Spin
10.00am	HITT the water
10.00am	Pilates
10.45am	Yoga H2O
11.00am	Zumba
11.00am	Flawless Makeup Masterclass*
11.30am	Aqua Circuit
11.45pm	Fitness Ball
12.00pm	Pilates Intermediate
2.00pm	Candlelight Yoga
2.00pm	Nordic Walk
4.00pm	Pilates H2O
4.00pm	Binaural Beats Relaxation
4.45pm	Abzone
5.00pm	Silent Candlelight Stretch
5.00pm	Premium Skincare Workshop*
5.45pm	Strong Yoga
6.00pm	Advanced Pilates
7.00pm	Lift

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# WEDNESDAY SCHEDULE

07.45am	Wake up and Stretch
08.30am	Crystal Meditation*
08.45am	Apex Spin
09.00am	Pilates
09.00am	HITT The Water
09.45am	Strong Yoga
10.00am	Lift
10.00am	Cardio Waves
10.45am	Pilates H2O
10.45am	Core Board
11.00am	Aerobic Fat Burner
11.00am	Day to Night Makeup Class*
11.30am	Aqua Flex
11.45am	Abzone
3.00pm	Fashion Tips Workshops
3.45pm	Tai Chi Sword
4.00pm	Candlelight Stretch
4.00pm	Aqua Dance
4.45pm	Step Intermediate
5.00pm	Premium Skincare Workshop*
5.00pm	Legs Tums And Bums
5.45pm	Apex Spin
6.00pm	Silent Candlelight stretch
7.00pm	Circuits

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# THURSDAY SCHEDULE

08.45am	Step Intermediate
09.00am	Legs Tums & Bums
09.00am	Aqua Dance
09.45am	Apex Spin
10.00am	HITT The Water
10.00am	Pilates
10.45am	Aqua Circuit
10.45am	Drums Alive
11.00am	Lift
11.00am	Age With Beauty Workshop*
11.30am	Aqua Flex
12.00pm	Yoga For Menopause
12.00pm	Pilates Reformer Taster*
2.00pm	Intermediate Pilates
4.00pm	Candlelight Stretch
4.00pm	Yoga H2O
4.45pm	Apex Advanced Spin
5.00pm	Silent Candlelight Stretch
5.00pm	Premium Skincare Workshop*
5.45pm	Core Board
6.00pm	Lift
7.00pm	Box Fit

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# FRIDAY SCHEDULE

07.45am	Binaural Beats Relaxation
08.45am	Apex Spin
09.00am	Pilates H2O
09.00am	Lift
09.45am	Pilates Beginners
10.00am	Aerobic + Tone
10.00am	Cardio Waves
10.45am	Ballet Fit
10.45am	Aqua Circuit
11.00am	Day To Night Makeup Class*
11.00am	Strong Yoga
11.30am	Aqua Flex
2.00pm	Country Stroll
2.00pm	Pilates
3.00pm	Fashion Tips Workshop
3.45pm	Tai Chi
4.00pm	HITT The Water
4.00pm	Silent Candlelight Stretch
4.45pm	Abzone
5.00pm	Sound Bathing*
6.00pm	Candlelight Stretch

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# SATURDAY SCHEDULE

08.45am	HIIT Intermediate
09.00am	Lift
09.00am	Aqua Dance
09.45am	Apex Spin
10.00am	Aerobic Fat Burner
10.00am	HITT The Water
10.00am	Pickleball Taster Session
10.45am	Coreboard
10.45am	Aqua Flex
11.00am	Flawless Finish Makeup Class*
11.00am	Pilates Beginners
11.30am	Pickleball Taster
11.30am	Aqua Dance
11.45am	Legs Tums + Bums
12.00pm	Pilates Ball Intermediate
2.00pm	Yin Yoga
4.00pm	Binaural Beats Relaxation
4.00pm	Yoga H2O
4.00pm	Clarins Makeup Masterclass*
4.45pm	Gym Blast
5.00pm	Dance Karaoke
6.00pm	Candlelight Stretch

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# SUNDAY SCHEDULE

07.45am	Wake up + Stretch
08.45am	Step Intermediate
09.00am	Pilates Intermediate
09.00am	Aqua Dance
9.45am	Apex Spin
10.00am	Dance Mix
10.00am	Cardio Waves
10.45am	HITT The Water
11.00am	Easy Makeup Masterclass*
11.00am	Lift
11.00am	Pilates Reformer Taster*
11.30am	Pilates H2O
12.00pm	Strong Yoga
2.00pm	Nordic Walk
2.00pm	Pilates
3.45pm	Introduction To Tai Chi
4.00pm	Candlelight Stretch
4.00pm	Aqua Circuit
4.45pm	Gym Blast
5.00pm	Binaural Beats Relaxation
6.00pm	Silent Candlelight Stretch

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