



Weekly Activity Timetable 1 to 30 September 2025

	Timing	Activity	Age	Trainer
Monday	08:00 to 09:00	Boxing Club	18+	Vadym
	09:30 to 10:30	Satyananda Yoga	18+	Shashi
	12:30 to 13:30	Warrior Flow	18+	Shashi
	17:00 to 18:00	Strong Mode	18+	Vadym
	18:30 to 19:30	Stretch	18+	Shashi
Tuesday	09:30 to 10:30	Strong Mode	18+	Vadym
	12:30 to 13:30	Satyananda	18+	Shashi
	17:00 to 18:00	The Challenge	18+	Vadym
	18:30 to 19:30	Warrior Flow	18+	Shashi
Wednesday	09:30 to 10:30	Hatha Yoga	18+	Shashi
	12:30 to 13:30	Pranayam & Breathwok	18+	Shashi
	16:30 to 17:30	Cardio Blast	18+	Vadym
	18:30 to 19:30	Mobility	18+	Shashi
Thursday	08:00 to 09:00	Stretch	18+	Shashi
	12:30 to 13:30	Restorative Yin	18+	Shashi
	16.00 to 17.00	Functional Edge	18+	Vadym
	18.00 to 19.00	Hatha Yoga	18+	Shashi



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	Timing	Activity	Age	Trainer
Friday	08:00 to 09:00	Strong Mode	18+	Vadym
	17:00 to 18:00	Cardio Blast	18+	Vadym
Sunday	09:30 to 10:45	Warrior Flow	18+	Shashi
	12:30 to 13:30	Yoga Nidra	18+	Shashi
	18:30 to 19:30	Restorative Yin	18+	Shashi

NOTE

- No fitness class on 5 and 26 September.

CLASS BOOKING REQUIREMENTS

- Please note that the class schedule may vary during special events and public holidays.
- Advance bookings is required for all sessions
- To ensure a smooth and safe experience, we kindly ask that you arrive at least five minutes before the class begins
- Cancellations must be made at least 12 hours in advance to avoid applicable fees.