

SOFITEL FITNESS

Daily Group Classes



Monday

Morning Walk
/Run 6.30am

Yoga 8.00am

Boot Camp 4.00pm

Tuesday

Box Fit 7.00am

F45 8.00am

Pilates 4.00pm

Wednesday

Morning Walk
/Run 6.30am

Yoga 8.00am

Circuit 4.00pm

Thursday

F45 7.00am

Pilates 8.00am

Boot Camp 4.00pm

Friday

Morning Run
/Walk 6.30am

Yoga 8.00am

Box Fit 4.00pm

Saturday

Yoga 8.00am

GYM OPENING HOURS
6.00am - 8.00pm

BOOKINGS

Please prebook classes at the Gym or Reception to avoid missing out as maximum numbers apply.

NOTE

Please be at the venue 10 minutes before the class start time.

Towels are provided.

Bring your own water bottle.

Must wear closed shoes.

No classes on a Sunday.

*No kids allowed (15 years + only)