

# SOFITEL FITNESS

## Daily Group Classes



### Monday

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Yoga 8.00am

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Boot Camp 2.00pm

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### Tuesday

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Cardio 8.00am

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Pilates 2.00pm

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### Wednesday

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Yoga 8.00am

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Circuit 2.00pm

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### Thursday

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Box Fit 8.00am

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Pilates 2.00pm

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### Friday

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Yoga 8.00am

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Boot Camp 2.00pm

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### Saturday

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Morning Run/  
Walk 7.00am

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**GYM OPENING HOURS**  
6.00am-8.00pm Daily

**BOOKINGS**  
Please pre-book 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)