

# SOFITEL FITNESS

## Daily Group Classes



### Monday

Morning Walk  
/Run 6.30am

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Yoga 8.00am

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Boot Camp 4.00pm

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### Tuesday

Box Fit 7.00am

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F45 8.00am

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Pilates 4.00pm

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### Wednesday

Morning Walk  
/Run 6.30am

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Yoga 8.00am

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Circuit 4.00pm

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### Thursday

F45 7.00am

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Pilates 8.00am

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Boot Camp 4.00pm

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### Friday

Morning Run  
/Walk 6.30am

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Yoga 8.00am

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Box Fit 4.00pm

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### Saturday

Yoga 8.00am

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#### GYM OPENING HOURS

Morning Session: 6.00am - 12.00pm

Gym Closed: 12.00pm - 1.00pm (sanitizing/fogging)

Afternoon Session: 1.00pm - 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)