

# 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)