

SOFITEL  
FITNESS

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# FITNESS

## Daily Classes



### MONDAY

MORNING WALK/RUN	6.30AM
YOGA	8.00AM
BOOT CAMP	4.00PM

### TUESDAY

BOX FIT	7.00AM
F45	8.00AM
CIRCUIT	4.00PM

### WEDNESDAY

BEACH ENDURANCE	7.00AM
YOGA	8.00AM
OUTDOOR WORKOUT	4.00PM

### THURSDAY

F45	7.00AM
PILATES	8.00AM
BOOT CAMP	4.00PM

### FRIDAY

MORNING RUN /WALK	7.00AM
YOGA	8.00AM
AEROBICS	4.00PM

### SATURDAY

BEACH ENDURANCE	6.30AM
YOGA	8.00AM

### SUNDAY

BEACH ENDURANCE	6.30AM
AEROBICS	4.00PM

#### NOTE

Please be at the venue 10 minutes before the class start time.  
Towels and water provided.  
Must wear closed shoes.  
\*No kids allowed (15 years + only)

#### GYM OPENING HOURS

6.00am - 8.00pm

#### BOOKINGS

Please prebook classes at the Gym to avoid missing out.

