

SOFITEL
FITNESS

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Daily Classes



MONDAY

MORNING WALK/RUN	6.30AM
YOGA	8.00AM
CROSS FIT	4.00PM

TUESDAY

BOX FIT	7.00AM
F45	8.00AM
CIRCUIT	4.00PM

WEDNESDAY

BEACH ENDURANCE	7.00AM
YOGA	8.00AM
BATTLE ROPE CHALLENGE	4.00PM

THURSDAY

F45	7.00AM
PILATES	8.00AM
ROWING & SKI MACHINE	4.00PM

FRIDAY

MORNING RUN /WALK	7.00AM
YOGA	8.00AM
MEDICINE BALL THROW	4.00PM

SATURDAY

BEACH ENDURANCE	6.30AM
YOGA	8.00AM
OBSTACLE COURSE RELAY	4.00PM

SUNDAY

BEACH ENDURANCE	6.30AM
COUPLES WORKOUT	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.

