



Fitness Centre Classes

Monday's:

ZUU

9:15am – 10:00am

Wednesday's:

Metafit

6:00pm – 6:30pm

Core Foundations

6:30pm – 7:15pm

Thursday's:

ZUU

4:45pm – 5:30pm

Circuit

6:00pm – 6:45pm

Friday's:

Metafit

9:00am – 9:30am

Legs, Bums & Tums

9:30am – 10:00am