

Fitness Class Schedule



SYLVESTRIAN
LEISURE CENTRE

Included with all Peak and Fitness memberships

DAY	CLASS	TIME	LOCATION	INSTRUCTOR
Monday	Pilates	18:00 to 18:45	Gymnasium	Toni
	Kettlebell KHAOS	18:45 to 20:00	Gymnasium	Amahl
	Core Blimey	20:00 to 20:30	Gymnasium	Amahl
Tuesday	Strength LAB	18:00 to 19:15	Gymnasium	Amahl
	Core Blimey	19:15 to 19:45	Gymnasium	Amahl
Wednesday	Pilates	18:00 to 18:45	Gymnasium	Kirty
	Hatha Yoga	19:00 to 20:00	Gymnasium	Michelle
Thursday	RAW Bootcamp	18:00 to 19:00	Gymnasium	Amahl
	Core Blimey	19:00 to 19:30	Gymnasium	Amahl
	Kettlebell KHAOS	19:30 to 20:45	Gymnasium	Amahl
Saturday	Strength LAB	10:00 to 11:15	Balcony	Amahl
	Strength LAB	11:15 to 12:30	Balcony	Amahl

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