

BAYSIDE

FITNESS & SPA

GYM · SPA · SAUNA

CLASS TIMETABLE

MONDAY	8:45AM AQUA AEROBICS	5:30PM ABS	6:00PM BOXING	7:00PM PILATES	
TUESDAY	11:00AM LLLS	5:30PM ABS	6:00PM STRETCH	6:45PM AQUA AEROBICS	7:00PM YOGA
WEDNESDAY	9:15AM AQUA AEROBICS	7:00PM PILATES			
THURSDAY	6:00AM CIRCUIT	10:00AM LLLS	11:00AM LLLS	6:00PM BOXING	7:00PM YOGA
FRIDAY	6:00AM FREE-STYLE	8:30AM AQUA AEROBICS	9:30AM STRETCH		
SATURDAY	8:00AM CIRCUIT	8:00AM AQUA AEROBICS	9:00AM AQUA AEROBICS	9:00AM PILATES	

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P: 61 2 9556 5156
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 Level 3 - Novotel Sydney Brighton Beach
 Cnr The Grand Pde & Princess St
 Brighton-Le-Sands NSW 2216

Opening Hours - Fitness Centre
 Monday - Friday 6:00am - 8:00pm
 Saturday & Sunday 8:00am - 6:00pm
 Public Holidays 10:00am - 4:00pm