

Gym Class Timetable

Legend:

Paid	Paid	Covered by Membership	Closed
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All classes marked in "RED" are covered in your VS&G membership. All others are separate & payment needs to be made. For more details, including discounts, see our Membership page.



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
6:00 AM		MUSCLE CLUB 40min	ABT* 40min	MUSCLE CLUB 40min	Hiit - 40min	MUSCLE CLUB 40min	Closed All Day
6:15 AM			above *Abs Butt Thighs				
7:00 AM			BOX FIT 40min		X FIT 40min		
8:45 AM							
9:00 AM							
9:15 AM							
9:30 AM		AQUA FIT 60min	MAT FIT 40min	AQUA FIT 60min	YOGA PAULINE	AQUA FIT 60min	
10:00 AM							
12:00-2:00	Lunch Closed	Lunch Closed	Lunch Closed	Lunch Closed	Lunch Closed	Lunch Closed	
2:00 PM							
4:15 PM							
4:30 PM		YOGA VARDAN	BOX FIT KIDz 40min	X FIT 40min			
5:15 PM					X FIT KIDz 40min	CLOSED AT 5PM	
5:30 PM							
6:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Timetable subject to change. Updated 22/10/2024