

Gym Class Timetable

Legend:

Paid

Paid

Covered by
Membership

Closed

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	X FIT 40min	MUSCLE CLUB 40min	BOX FIT 40min	MUSCLE CLUB 40min	Closed All Day
6:15 AM							
7:00 AM					Water X FIT 40min		
8:45 AM							
9:00 AM					YOGA PAULINE		
9:15 AM							
9:30 AM		AQUA FIT 60min		AQUA FIT 60min		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					
4:45 PM			X FIT KIDz 40min		BOX FIT KIDz 40min		
5:00 PM						CLOSED AT 5PM	
6:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Timetable subject to change. Updated 14/04/2025