

Gym Class Timetable

Legend:

Paid	Paid	Paid	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			Abs Booty Thighs Jodie - 40min		Hiit Jodie - 40min	BOOTCAMP Jodie - 40min	Closed All Day
6:15 AM							
7:00 AM			X-FIT VS&G		BOX FIT VS&G		
8:45 AM							
9:00 AM				MAT FIT VS&G			
9:15 AM							
9:30 AM		PUMP FIT VS&G	AQUA FIT VS&G		YOGA PAULINE	AQUA FIT VS&G	
10:00 AM							
12:00-2:00	Lunch Closed	Lunch Closed	Lunch Closed	Lunch Closed	Lunch Closed	Lunch Closed	
4:00 PM							
4:30 PM				X-FIT VS&G			
4:45 PM							
5:15 PM		AQUA FIT VS&G	YOGA VARDAN			CLOSED AT 5PM	
5:45 PM							
6:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Timetable subject to change. Updated 02/02/2024