



AWAKEN

FITNESS

8:00am

11:00am

5:00pm

Monday	FUNCTIONAL TRAINING AED 80 Fitness Centre	CORE & LEGS AED 80 Fitness Centre	STRENGTH TRAINING AED 80 Fitness Centre
Tuesday	FUNCTIONAL TRAINING AED 80 Fitness Centre	HIIT AED 80 Fitness Centre	STRETCH & RECOVERY AED 80 Fitness Centre
Wednesday	UNDERWATER SOUND HEALING AED 175 The Lost Chambers Aquarium	CORE & LEGS AED 80 Fitness Centre	STRENGTH TRAINING AED 80 Fitness Centre
Thursday	FUNCTIONAL TRAINING AED 80 Fitness Centre	HIIT AED 80 Fitness Centre	STRETCH & RECOVERY AED 80 Fitness Centre
Friday	UNDERWATER SOUND HEALING AED 175 The Lost Chambers Aquarium	CORE & LEGS AED 80 Fitness Centre	STRENGTH TRAINING AED 80 Fitness Centre
Saturday	UNDERWATER YOGA AED 175 The Lost Chambers Aquarium	HIIT AED 80 Fitness Centre	STRETCH & RECOVERY AED 80 Fitness Centre
Sunday	UNDERWATER YOGA AED 175 The Lost Chambers Aquarium	HIIT AED 80 Fitness Centre	STRETCH & RECOVERY AED 80 Fitness Centre