



MONDAY

STARTING TIME	DURATION	CLASS TYPE
06:35 AM	45 Mins	Sunrise Yoga
09:30 AM	1 Hour	Pilates
10:30 AM	45 Mins	Bollywood Blast
05:15 PM	45 Mins	Legs, Bums & Tums
06:15 PM	45 Mins	Arms & Abs
06:15 PM	45 Mins	Cycle Up
07:00 PM	45 Mins	Step Aerobics

THURSDAY

STARTING TIME	DURATION	CLASS TYPE
09:30 AM	45 Mins	Boxercise
10:30 AM	45 Mins	Arms & Abs
05:30 PM	45 Mins	Yoga
06:15 PM	45 Mins	Bollywood Blast
06:15 PM	45 Mins	Spinning
07:00 PM	45 Mins	Aerobics & Tone
07:45 PM	45 Mins	HIIT

TUESDAY

STARTING TIME	DURATION	CLASS TYPE
08:45 AM	45 Mins	Legs, Bums & Tums
09:30 AM	45 Mins	Tone & Tighten
10:15 AM	45 Mins	Tabata Burn
05:30 PM	45 Mins	Core Strength
06:15 PM	1 Hour	Bootcamp
07:15 PM	45 Mins	Zumba
07:15 PM	45 Mins	Cycle Up

FRIDAY

STARTING TIME	DURATION	CLASS TYPE
09:30 AM	45 Mins	Clubercise
10:15 AM	1 Hour	Freestyle Fitness
05:15 PM	45 Mins	Legs, Bums & Tums
06:00 PM	1 Hour	Pilates

SUNDAY

STARTING TIME	DURATION	CLASS TYPE
09:15 AM	45 Mins	Legs, Bums & Tums
10:30 AM	45 Mins	Bollywood Blast

WEDNESDAY

STARTING TIME	DURATION	CLASS TYPE
07:00 AM	1 Hour	Pilates
09:15 AM	45 Mins	HC Sweat
09:45 AM	45 Mins	Spinning
10:30 AM	45 Mins	HC Technique
05:30 PM	45 Mins	Aerobics
06:15 PM	45 Mins	Zumba
07:00 PM	45 Mins	Legs, Bums & Tums
07:45 PM	45 Mins	Booty Blast

SATURDAY

STARTING TIME	DURATION	CLASS TYPE
8:30 AM	1 Hour	Hatha Yoga
09:30 AM	45 Mins	Spinning
10:30 AM	1 Hour	Pilates

At The Health Club For Her, we don't do 'basic'. Compromising on quality, style and your experience as a member is NOT our thing.



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