



OPEN 24/7 Staffed Hours	
Mon – Thur	8am – 8pm
Friday	8am – 2pm
Sat/Sun/Holidays	8am – 12pm

GROUP FITNESS TIMETABLE April/May 2024

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MIND BODY SPIRIT							
8.30am	PILATES Ira		MOBILITY FLOW Ira			NEW CLASS COMING!!	
9:00am						POWER YOGA	
9.30am		PILATES Jenny		YOGA Karen S			
6:00pm			YOGA Florian				
6:30pm	YOGA Karen Y						
FIIT 50							
6:00am		STRONG FIIT Mike		CARDIO FIIT Mike			
8:00am						TOTAL BODY FIIT Mike	
6:00pm	UPPER BODY FIIT Mike		LOWER BODY FIIT Mollie				

MOBILITY FLOW (Beg-Adv) – Wake up your inner child while exploring mobility and flexibility while strengthening your body and having fun!

Yoga (Beg-Adv) – Yoga is a mind and body practice. aptus offer various styles combining physical postures, breathing, meditation, recovery and relaxation.

PILATES (Beg-Adv) – Mat or Floor Pilates training practice is a classical form that strengthens the body to its core. Utilizing posture movement patterns and other core strengthening techniques participants will reactivate muscularity and tone.

BOXING (Beg-Adv) - All over cardio and strength workout focusing on fitness, core strength and boxing technique.

FIIT50 (Beg/Interm/Adv) – Exclusive to aptus Health we train our members like athletes in our Functional Intensive Interval Training classes. No two classes are the same. You'll challenge yourself to do more and become a more athletic version of yourself. From bodyweight to bar loaded, cardio equipment and cycles. You will not get a moment to catch your breath but will love every second.