



WATERGATE STUDIOS

personal training & fitness classes

WOW

50 MINS

**MON 19:00
WEDS 19:00**



BLAST

25 MINS

TUES 18:30



RELAX



**- YOGA -
MON @ 20:15
SUN @ 10:15**

**- PILATES -
TUES @ 10:30
THURS @ 20:00**

**- STRETCH & MOBILISE -
FRI @ 10:15**