

DFC FITNESS HUB - SCHEDULE



FITNESS HUB NAME

THE WELLCUBE RECOVERY 30X30 FITNESS HUB

WEEK 1 - 31 OCTOBER TO 6 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 OCTOBER	1 NOVEMBER	2 NOVEMBER	3 NOVEMBER	4 NOVEMBER	5 NOVEMBER	6 NOVEMBER
11:00 - 11:30 Reformer & Chair Pilates W2 Pilates Studio	11:00 - 11:30 Power Yoga and Meditation W1 Yoga Hall	7:00 - 7:30 Aqua Yoga W1 Outdoor Swimming Pool	7:00 - 7:30 Swing Yoga W1 Yoga Hall	7:00 - 7:30 Kettlebell HIIT W1 Outdoor Area	7:00 - 7:30 Aqua Pilates W1 Outdoor Swimming Pool	7:00 - 7:30 EMS Training Circuit W1 Outdoor Area
11:00 - 11:30 Neuro-reactive Gym Circuit W2 NeuroFit Gym	11:00 - 11:30 Outdoor Boxing W1 Outdoor Area	7:00 - 7:30 Bootcamp Training W1 Outdoor Area	7:00 - 7:30 Outdoor Run + Pool Cardio Circuit W1 Outdoor Area	7:00 - 7:30 Mat Pilates with Red Light Therapy W1 Yoga Hall	7:00 - 7:30 Vinyasa Yoga W1 Yoga Hall	7:00 - 7:30 Swimming Classes W1 Swimming Pool
17:00 - 17:30 Reformer & Chair Pilates W2 Pilates Studio	17:00 - 17:30 Power Yoga and Meditation W1 Yoga Hall	19:00 - 19:30 Aqua Yoga W1 Outdoor Swimming Pool	19:00 - 19:30 Swing Yoga W1 Yoga Hall	19:00 - 19:30 Kettlebell HIIT W1 Outdoor Area	19:00 - 19:30 Aqua Pilates W1 Outdoor Swimming Pool	19:00 - 19:30 EMS Training Circuit W1 Outdoor Area
17:00 - 17:30 Neuro-reactive Gym Circuit W2 NeuroFit Gym	17:00 - 17:30 Outdoor Boxing W1 Outdoor Area	19:00 - 19:30 Bootcamp Training W1 Outdoor Area	19:00 - 19:30 Outdoor Run + Pool Cardio Circuit W1 Outdoor Area	19:00 - 19:30 Mat Pilates with Red Light Therapy W1 Yoga Hall	19:00 - 19:30 Vinyasa Yoga W1 Yoga Hall	19:00 - 19:30 Swimming Classes W1 Swimming Pool

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WEEK 2 - 7 NOVEMBER TO 13 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 NOVEMBER	8 NOVEMBER	9 NOVEMBER	10 NOVEMBER	11 NOVEMBER	12 NOVEMBER	13 NOVEMBER
11:00 - 11:30 Reformer & Chair Pilates W2 Pilates Studio	11:00 - 11:30 Power Yoga and Meditation W1 Yoga Hall	7:00 - 7:30 Aqua Yoga W1 Outdoor Swimming Pool	7:00 - 7:30 Swing Yoga W1 Yoga Hall	7:00 - 7:30 Kettlebell HIIT W1 Outdoor Area	7:00 - 7:30 Aqua Pilates W1 Outdoor Swimming Pool	7:00 - 7:30 EMS Training Circuit W1 Outdoor Area
11:00 - 11:30 Neuro-reactive Gym Circuit W2 NeuroFit Gym	11:00 - 11:30 Outdoor Boxing W1 Outdoor Area	7:00 - 7:30 Bootcamp Training W1 Outdoor Area	7:00 - 7:30 Outdoor Run + Pool Cardio Circuit W1 Outdoor Area	7:00 - 7:30 Mat Pilates with Red Light Therapy W1 Yoga Hall	7:00 - 7:30 Vinyasa Yoga W1 Yoga Hall	7:00 - 7:30 Swimming Classes W1 Swimming Pool
17:00 - 17:30 Reformer & Chair Pilates W2 Pilates Studio	17:00 - 17:30 Power Yoga and Meditation W1 Yoga Hall	19:00 - 19:30 Aqua Yoga W1 Outdoor Swimming Pool	19:00 - 19:30 Swing Yoga W1 Yoga Hall	19:00 - 19:30 Kettlebell HIIT W1 Outdoor Area	19:00 - 19:30 Aqua Pilates W1 Outdoor Swimming Pool	19:00 - 19:30 EMS Training Circuit W1 Outdoor Area
17:00 - 17:30 Neuro-reactive Gym Circuit W2 NeuroFit Gym	17:00 - 17:30 Outdoor Boxing W1 Outdoor Area	19:00 - 19:30 Bootcamp Training W1 Outdoor Area	19:00 - 19:30 Outdoor Run + Pool Cardio Circuit W1 Outdoor Area	19:00 - 19:30 Mat Pilates with Red Light Therapy W1 Yoga Hall	19:00 - 19:30 Vinyasa Yoga W1 Yoga Hall	19:00 - 19:30 Swimming Classes W1 Swimming Pool

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WEEK 3 - 14 NOVEMBER TO 20 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 NOVEMBER	15 NOVEMBER	16 NOVEMBER	17 NOVEMBER	18 NOVEMBER	19 NOVEMBER	20 NOVEMBER
11:00 - 11:30 Reformer & Chair Pilates W2 Pilates Studio	11:00 - 11:30 Power Yoga and Meditation W1 Yoga Hall	7:00 - 7:30 Aqua Yoga W1 Outdoor Swimming Pool	7:00 - 7:30 Swing Yoga W1 Yoga Hall	7:00 - 7:30 Kettlebell HIIT W1 Outdoor Area	7:00 - 7:30 Aqua Pilates W1 Outdoor Swimming Pool	7:00 - 7:30 EMS Training Circuit W1 Outdoor Area
11:00 - 11:30 Neuro-reactive Gym Circuit W2 NeuroFit Gym	11:00 - 11:30 Outdoor Boxing W1 Outdoor Area	7:00 - 7:30 Bootcamp Training W1 Outdoor Area	7:00 - 7:30 Outdoor Run + Pool Cardio Circuit W1 Outdoor Area	7:00 - 7:30 Mat Pilates with Red Light Therapy W1 Yoga Hall	7:00 - 7:30 Vinyasa Yoga W1 Yoga Hall	7:00 - 7:30 Swimming Classes W1 Swimming Pool
17:00 - 17:30 Reformer & Chair Pilates W2 Pilates Studio	17:00 - 17:30 Power Yoga and Meditation W1 Yoga Hall	19:00 - 19:30 Aqua Yoga W1 Outdoor Swimming Pool	19:00 - 19:30 Swing Yoga W1 Yoga Hall	19:00 - 19:30 Kettlebell HIIT W1 Outdoor Area	19:00 - 19:30 Aqua Pilates W1 Outdoor Swimming Pool	19:00 - 19:30 EMS Training Circuit W1 Outdoor Area
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WEEK 4 - 21 NOVEMBER TO 27 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 NOVEMBER	22 NOVEMBER	23 NOVEMBER	24 NOVEMBER	25 NOVEMBER	26 NOVEMBER	27 NOVEMBER
11:00 - 11:30 Reformer & Chair Pilates W2 Pilates Studio	11:00 - 11:30 Power Yoga and Meditation W1 Yoga Hall	7:00 - 7:30 Aqua Yoga W1 Outdoor Swimming Pool	7:00 - 7:30 Swing Yoga W1 Yoga Hall	7:00 - 7:30 Kettlebell HIIT W1 Outdoor Area	7:00 - 7:30 Aqua Pilates W1 Outdoor Swimming Pool	7:00 - 7:30 EMS Training Circuit W1 Outdoor Area
11:00 - 11:30 Neuro-reactive Gym Circuit W2 NeuroFit Gym	11:00 - 11:30 Outdoor Boxing W1 Outdoor Area	7:00 - 7:30 Bootcamp Training W1 Outdoor Area	7:00 - 7:30 Outdoor Run + Pool Cardio Circuit W1 Outdoor Area	7:00 - 7:30 Mat Pilates with Red Light Therapy W1 Yoga Hall	7:00 - 7:30 Vinyasa Yoga W1 Yoga Hall	7:00 - 7:30 Swimming Classes W1 Swimming Pool
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17:00 - 17:30 Neuro-reactive Gym Circuit W2 NeuroFit Gym	17:00 - 17:30 Outdoor Boxing W1 Outdoor Area	19:00 - 19:30 Bootcamp Training W1 Outdoor Area	19:00 - 19:30 Outdoor Run + Pool Cardio Circuit W1 Outdoor Area	19:00 - 19:30 Mat Pilates with Red Light Therapy W1 Yoga Hall	19:00 - 19:30 Vinyasa Yoga W1 Yoga Hall I	19:00 - 19:30 Swimming Classes W1 Swimming Pool

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WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY

SUNDAY

28 NOVEMBER

29 NOVEMBER

11:00 - 11:30
Reformer & Chair
Pilates
W2 Pilates Studio

11:00 - 11:30
Power Yoga and
Meditation
W1 Yoga Hall

11:00 - 11:30
Neuro-reactive Gym
Circuit
W2 NeuroFit Gym

11:00 - 11:30
Outdoor Boxing
W1 Outdoor Area

17:00 - 17:30
Reformer & Chair
Pilates
W2 Pilates Studio

17:00 - 17:30
Power Yoga and
Meditation
W1 Yoga Hall

17:00 - 17:30
Neuro-reactive Gym
Circuit
W2 NeuroFit Gym

17:00 - 17:30
Outdoor Boxing
W1 Outdoor Area

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