

NEW

EXPERIENCE HYDROHEX FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
8.00-8.45am Hydrohex Power	12.00-12.45pm Hydrohex Move	6.30-7.15am Hydrohex Cardio	8.00-8.45am Hydrohex Power	8.00-8.45pm Hydrohex Beat	8.00-8.45am Hydrohex Move
3.00-3.45pm Hydrohex Move	8.00-8.45pm Hydrohex Power	3.00-3.45pm Hydrohex Move	12.00-12.45pm Hydrohex Power	3.00-3.45pm Hydrohex Cardio	
8.00-8.45pm Hydrohex Cardio		8.00-8.45pm Hydrohex Cardio	8.00-8.45pm Hydrohex Power	8.00-8.45pm Hydrohex Beat	

SEE THE SCHEDULE AND JOIN A CLASS!