



Join us for a wealth of fitness activities across our communities.  
From **October 26 – November 24**



WASL GREEN PARK					
DATE	OUTDOOR STAGE	OUTDOOR MULTIPURPOSE COURT	INDOOR STUDIO	INDOOR POOL	INDOOR TENNIS
26-Oct 2024 Saturday	Boot Camp Kids 4:30 – 5 PM Boot Camp Adults 5:30 – 6 PM Kids Dance 6 – 6:30 PM Adults 6:30 – 7 PM	Kids Basketball 5 – 5:30 PM	Kids MMA 5:30 – 6 PM	Kids Swimming 6:30 – 7 PM (Kids Age 10+ Only)	Adults Mixed Social Tennis Play 7 – 9 AM Kids Tennis Play 4:30 – 5:15 PM (Age 5-9 Yrs) Kids Tennis Play 5:15 – 6 PM (Junior Kids Age 10-15 Yrs)
27-Oct 2024 Sunday	Yoga 8 AM Boot Camp Kids 4:30 – 5 PM Boot Camp Adults 5:30 – 6 PM Kids Dance 6 – 6:30 PM Adults 6:30 – 7 PM	Kids Football 5 – 5:30 PM	Kids MMA 5:30 – 6 PM		
28-Oct 2024 Monday	Boot Camp Kids 4:30 – 5 PM Boot Camp Adults 5:30 – 6 PM Kids Dance 6 – 6:30 PM Adults 6:30 – 7 PM	Kids Basketball 5 – 5:30 PM	Kids MMA 5:30 – 6 PM	Kids Swimming 6:30 – 7 PM (Kids Age 10+ Only)	
29-Oct 2024 Tuesday	Boot Camp Kids 4:30 – 5 PM Boot Camp Adults 5:30 – 6 PM Kids Dance 6 – 6:30 PM Adults 6:30 – 7 PM	Kids Football 5 – 5:30 PM	Kids MMA 5:30 – 6 PM	Mums & Todds Swim Class 10 – 10:30 AM	
30-Oct 2024 Wednesday	Yoga 7 AM Boot Camp Kids 4:30 – 5 PM Boot Camp Adults 5:30 – 6 PM Kids Dance 6 – 6:30 PM Adults 6:30 – 7 PM	Kids Football 5 – 5:30 PM	Kids MMA 5:30 – 6 PM		
31-Oct 2024 Thursday	Boot Camp Kids 4:30 – 5 PM Boot Camp Adults 5:30 – 6 PM Kids Dance 6 – 6:30 PM Adults 6:30 – 7 PM	Kids Football 5 – 5:30 PM	Kids MMA 5:30 – 6 PM	Mums & Todds Swim Class 10 – 10:30 AM Kids Swimming 6:30 – 7 PM (Kids Age 10+ only)	
01-Nov 2024 Friday	Boot Camp Kids 4:30 – 5 PM Boot Camp Adults 5:30 – 6 PM Kids Dance 6 – 6:30 PM Adults 6:30 – 7 PM	Kids Basketball 5 – 5:30 PM	Kids MMA 5:30 – 6 PM		Adults Mixed Social Tennis Play 7 – 9 AM Kids Tennis Play 3 – 3:45 PM (Age 5-9 Yrs) Kids Tennis Play 3:45 – 4:30 PM (Junior Kids Age 10-15 Yrs)

WASL PORT VIEWS			
DATE	7:00 – 8:00 AM	7:30 – 8:30 PM	6:00 – 6:30 PM (Kids)
04-Nov-2024 (Monday)	Lower Body	Lower Body	Functional Training
05-Nov-2024 (Tuesday)	Upper Body	Upper Body	Karate
06-Nov-2024 (Wednesday)	Full Body	Full Body	Football Basic
07-Nov-2024 (Thursday)	Tabata	Tabata	Kickboxing
08-Nov-2024 (Friday)	Zumba	Zumba	Agility Training
09-Nov-2024 (Saturday)	Lower Body	Lower Body	Functional Training
10-Nov-2024 (Sunday)	Upper Body	Upper Body	Karate

WASL VILLAGE			
DATE	7:00 – 8:00 AM	7:30 – 8:30 PM	6:00 – 6:30 PM (Kids)
11-Nov-2024 (Monday)	Mat Pilates	Circuit Training	Boxing Basic
12-Nov-2024 (Tuesday)	Yoga	Mat Pilates	Karate
13-Nov-2024 (Wednesday)	Tabata	Zumba	Functional Training
14-Nov-2024 (Thursday)	Strength Training	Functional Training	Agility Training
15-Nov-2024 (Friday)	Circuit Training	Yoga	Karate
16-Nov-2024 (Saturday)	Mat Pilates	Circuit Training	Boxing Basic
17-Nov-2024 (Sunday)	Yoga	Pilates	Functional Training

WASL 1 RESIDENCES			
DATE	7:00 – 8:00 AM	7:30 – 8:30 PM	6:00 – 6:30 PM (Kids)
18-Nov-2024 (Monday)	HIIT	Lower Body	Boxing Basic
19-Nov-2024 (Tuesday)	Yoga	Upper Body	Karate
20-Nov-2024 (Wednesday)	Zumba	Full Body	Functional Training
21-Nov-2024 (Thursday)	Yoga	Zumba	Agility Training
22-Nov-2024 (Friday)	Upper Body	HIIT	Karate
23-Nov-2024 (Saturday)	Yoga	Yoga	Boxing Basic
24-Nov-2024 (Sunday)	HIIT	Full Body	Functional Training

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