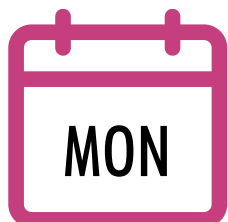


# PULSE ACTIVITY SCHEDULE

Summer 2022



**9.30am**

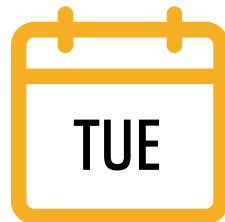
HIIT with Simone

**12.30pm**

HIIT with Simone

**6.15pm**

Resistance Booty Bands with Shama



**6pm**

Retro-Robics with Corinne

**4.30-6.30pm**

Tennis Coaching with Sarah



**9.30am**

Boxing with Simone

**12.30pm**

Boxing with Simone

**6pm**

Yoga with Courtney

**7pm**

HIIT with Shama



**9.30am**

Strength Circuit with Simone

**12.30pm**

Strength Circuit with Simone



**Personal Training**

By Appointment

Kiel or Simone

INSTRUCTOR  
CONTACT  
DETAILS

**Corinne**

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**Shama**

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