

BODYNASIUM - GROUP FITNESS SCHEDULE




BODYNASIUM





You in Fitness, Fitness in You!

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	7.00 AM - 8.00 AM	8.30AM - 9.30 AM	10.00 AM - 11.00 PM	5.00 PM - 6.00 PM	6.30 PM - 7.30 PM	8.00 PM - 9.00 PM
MON	Box & Pump	Cardio Circuit	StrollHERFIT	TONAEROBICS	Box & Pump	Cardio Circuit
TUES						
WED	Box & Pump	Cardio Circuit	StrollHERFIT	TONAEROBICS	Box & Pump	Cardio Circuit
THUR						
FRI	TONAEROBICS	Cardio Circuit	StrollHERFIT			
SAT	Box & Pump	Cardio Circuit	StrollHERFIT			
SUN	TONAEROBICS	Cardio Circuit	StrollHERFIT			

DAYS	VENUE	
Mon, Wed & Fri	Botanic Gardens (AM)	Fort Canning (PM)
Sat & Sun	Botanic Gardens & Fort Canning	

GETTING THERE	BOTANIC GARDENS	FORT CANNING PARK
Meeting Point	Green Pavilion – Botany Centre Tanglin Gate Entrance	Picnic Terrace Canning Rise Entrance
Parking 	Botany Centre Carpark	Registry of Marriage (ROM) Carpark
Nearest 	Orchard Station	Dhoby Ghaut Station
Bus Services 	<u>via. Holland Road</u> 7, 105, 123, 174, 75, 77, 106 <u>via. Bukit Timah Road</u> SBS Transit 66, 151, 153, 154 SMRT 67, 171	<u>via. Stamford Road</u> 7, 14, 16, 36, 111, 124, 131, 147, 162, 166, 174, 175, 502, 77, 106, 167, 171, 190, 700, 857. <u>via. Hill Street</u> 124, 145, 147, 166, 174, 190, 851. <u>via. River Valley</u> 32, 54, 195
On Foot 	25-30 min walk from Orchard Station (walk towards Gleneagles Hospital)	10-15 min walk from Dhoby Ghaut Station (walk through Park Mall)