

# 140SGT | ASPIRE GROUP

**MONDAY 12PM - 12:45PM**

**PILATES**

Lv1

**TUESDAY 1PM - 1:45PM**

**MEDITATION**

Lv1

**WEDNESDAY 12PM - 12:45PM**

**CIRCUIT**

Basecamp

**FRIDAY 12PM - 12:45PM**

**YOGA**

Lv1

**FOR GYM INDUCTIONS , PLEASE EMAIL BELOW:**

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