



LivingWell HEALTH CLUBS

Personalised fitness for life

DAYS								
SUNDAY								
MONDAY	6:15-7:00 AM Total Body Reset With Chan Frazier		9:00-10:15 AM Yoga Asrat Degaga	10:30-11:15 AM Aqua Areobics Chan Frazier				
TUESDAY			9:00-10:15 AM Yoga Asrat Degaga					
WEDNESDAY	6:15-7:00 AM Total Body Reset With Chan Frazier		9:00-10:15 AM Yoga Asrat Degaga	10:30-11:15 AM Aqua Areobics Chan Frazier				
THURSDAY			9:00-10:15 AM Yoga Asrat Degaga					
FRIDAY			9:00-10:15 AM Yoga Asrat Degaga	10:30-11:15 AM Aqua Areobics Chan Frazier				
SATURDAY								

*Valid from: May 21st 2026