

TIMETABLE

EFFECTIVE: 1 MARCH 2024

☐ GROUP FITNESS STUDIO ☒ CYCLE STUDIO

OPEN 24/7
STAFFED HOURS

Monday - Thursday: 7:00am - 8:00pm
Friday: 7:00am - 5:00pm
Saturday: 7:00am - 12:00pm
Sunday & Public Holidays: Unstaffed

GROUP FITNESS CLASSES

ALL MEMBER MUST Book Online via the Genesis App

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---------------|---------------|---------------|---------------|-----------|---------------|--------|
| 6:00AM | SCHWINN CYCLE | CARDIOSCULPT | SCHWINN CYCLE | TABATA | BODYBLITZ | | |
| 8:15AM | | | | | | SCHWINN CYCLE | |
| 9:00AM | | | | | | BODYBLITZ | YOGA |
| 9:15AM | BODYBLITZ | TABATA | CARDIOSCULPT | SCHWINN CYCLE | TOTALBODY | | |
| 10:00AM | | | | | | YOGA | |
| 10:15AM | BALANCE | | | PILATES | YOGA | | |
| 4:45PM | TABATA | SCHWINN CYCLE | | | | | |
| 5:30PM | CARDIOSCULPT | BODYBLITZ | STEP | TABATA | | | |
| 5:30PM | SCHWINN CYCLE | | SCHWINN CYCLE | | | | |
| 6:15PM | | | BODYBLITZ | | | | |
| 6:30AM | YOGA | PILATES | | | | | |

PLEASE NOTE: Bookings are essential. Timetable is subject to change.

TIMETABLE

EFFECTIVE: 1 MARCH 2024

REFORMER PILATES

OPEN 24/7
STAFFED HOURS
Monday - Thursday: 7:00am - 8:00pm
Friday: 7:00am - 5:00pm
Saturday: 7:00am - 12:00pm
Sunday & Public Holidays: Unstaffed

GROUP FITNESS CLASSES ALL MEMBER MUST Book Online via the Genesis App

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-----------------------------|------------------|-----------------------------|------------------|------------------|------------------|------------------|
| 6:00AM | REFORMER PILATES | REFORMER PILATES | REFORMER PILATES | | REFORMER PILATES | | |
| 7:00AM | | REFORMER PILATES | | REFORMER PILATES | | | |
| 8:00AM | REFORMER PILATES | | | | REFORMER PILATES | REFORMER PILATES | REFORMER PILATES |
| 9:00AM | | | | | | REFORMER PILATES | |
| 9:15AM | REFORMER PILATES | | REFORMER PILATES | REFORMER PILATES | REFORMER PILATES | | |
| 10:00AM | | | 15 MIN REFORMER ORIENTATION | | | | |
| 10:15AM | | REFORMER PILATES | REFORMER PILATES | | | | |
| 4:30PM | REFORMER PILATES | | REFORMER PILATES | REFORMER PILATES | | | |
| 5:30PM | REFORMER PILATES | REFORMER PILATES | REFORMER PILATES | REFORMER PILATES | | | |
| 6:15PM | 15 MIN REFORMER ORIENTATION | | | | | | |
| 6:30PM | REFORMER PILATES | | REFORMER PILATES | | | | |

PLEASE NOTE: Bookings are essential. Timetable is subject to change.

Reformer Pilates