

TIMETABLE

EFFECTIVE: 1 MARCH 2024

☐ GROUP FITNESS STUDIO

OPEN 24/7
STAFFED HOURS
Monday - Thursday: 7:00am - 8:00pm
Friday: 7:00am - 7:00pm
Saturday: 9:00am - 5:00pm
Sunday: 9:00 am - 12:00pm
Public Holidays: Unstaffed

GROUP FITNESS CLASSES

ALL MEMBER MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	BARRE ATTACK	CARDIO SCULPT	BODY BLITZ	TABATA	CARDIO BOX		
7:15AM						BODY BLITZ	
8:15AM						CARDIO CAMP	
9:15AM	STEP	TABATA	TOTAL BODY	CARDIO SCULPT	BODY BLITZ		
10:00AM							YOGA
10:15AM	YOGA	BODY BLITZ	YOGA	BARRE ATTACK	MAT PILATES		
11:00AM		B-ACTIVE					
5:30PM	CARDIO CAMP	BARRE ATTACK	BODY BLITZ	STEP			
6:30PM	BODY BLITZ	YOGA	MAT PILATES				

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

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EFFECTIVE: 1 MARCH 2024

REFORMER PILATES

OPEN 24/7
STAFFED HOURS

Monday - Thursday: 7:00am - 8:00pm
Friday: 7:00am - 7:00pm
Saturday: 9:00am - 5:00pm
Sunday: 9:00 am - 12:00pm
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	REFORMER PILATES		
7:00AM	REFORMER PILATES		REFORMER PILATES				
8:30AM						REFORMER PILATES	
9:30AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	
10:15AM	15 MIN REFORMER ORIENTATION		15 MIN REFORMER ORIENTATION				
10:30AM	REFORMER PILATES		REFORMER PILATES				
5:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
6:15PM		15 MIN REFORMER ORIENTATION		15 MIN REFORMER ORIENTATION			
6:30PM		REFORMER PILATES		REFORMER PILATES			

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Reformer Pilates