

TIMETABLE

EFFECTIVE: 1 MARCH 2024

OPEN 24/7
STAFFED HOURS

Monday - Friday: 5:15am - 8:00pm
Saturday: 7:00am - 4:00pm
Sunday: 8:00am - 4:00pm

 GROUP FITNESS STUDIO  CYCLE STUDIO  COURT 1

GROUP FITNESS CLASSES

ALL MEMBER MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM		45	45	45	SCHWINN CYCLE		
6:00AM	BODY BLITZ	SCHWINN CYCLE	BARRE	BODY BLITZ	BODY BLITZ		
8:15AM						STEP MOVES	BARRE
8:15AM						SCHWINN CYCLE	
9:15AM	FAT BURNER	FAT BURNER	STEP MOVES	ZUMBA	FAT BURNER	ZUMBA	YOGA
10:15AM	BODY BLITZ	MAT PILATES	BODY BLITZ	BALANCE	BARRE	YOGA	BODY BLITZ
12:15PM	BALANCE		MAT PILATES				
4:45PM	STEP MOVES	BODYBLITZ		BARRE	YOGA		
5:00PM			SCHWINN CYCLE				
5:45PM	BARRE	45	BODY BLITZ	YOGA			
5:45PM	SCHWINN CYCLE						
6:30PM		ZUMBA					

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

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REFORMER PILATES

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM		REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
5:45AM	REFORMER PILATES						
6:30AM		REFORMER PILATES		REFORMER PILATES	REFORMER PILATES		
8:15AM						REFORMER PILATES	REFORMER PILATES
9:15AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	
10:15AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
4:45PM		REFORMER PILATES		REFORMER PILATES	REFORMER PILATES		
5:30PM	REFORMER PILATES	ORIENTATION	REFORMER PILATES	ORIENTATION			
5:45PM		REFORMER PILATES		REFORMER PILATES			
6:30PM	REFORMER PILATES		REFORMER PILATES				

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Reformer Pilates