

TIMETABLE

EFFECTIVE: 1 MARCH 2024

GROUP FITNESS STUDIO CYCLE STUDIO

OPEN 24/7
STAFFED HOURS

Monday - Thursday: 9:00am - 7:00pm
Friday: 9:00am - 5:00pm
Saturday: 8:00am - 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		PILATES	CYCLE	BODYBLITZ	CYCLE		
8:00AM						BODYBLITZ	
9:00AM						YOGA	
9:15AM	BODYBLITZ	CYCLE	BARRE	BODYBLITZ	STEP		
9:15AM		YOGA					
10:00AM	YOGA		PILATES		YOGA		
4:30PM	BARRE		STEP	PILATES			
5:00PM	CYCLE				YOGA		
5:15PM	PILATES	BOXING	BODYBLITZ	CYCLE			
6:00PM	BODYBLITZ	ZUMBA	PILATES	YOGA			

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