

# TIMETABLE

EFFECTIVE 1 MARCH 2024

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

**GROUP FITNESS CLASSES**      **ALL MEMBERS MUST Book Online via the Genesis App**

|         | MONDAY   | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY   | SATURDAY | SUNDAY |
|---------|----------|---------|-----------|----------|----------|----------|--------|
| 10:15AM | B-ACTIVE |         | B-ACTIVE  |          |          |          |        |
| 10:30AM |          |         |           |          | B-ACTIVE |          |        |

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

# TIMETABLE

EFFECTIVE 1 MARCH 2024

 COACHING ZONE  REFORMER PILATES

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

## PREMIUM CLASSES

ALL MEMBERS 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 |                  |        |
| 7:30AM  |                  |                  |                  |                  |                  | REFORMER PILATES |        |
| 8:30AM  |                  |                  |                  |                  |                  | REFORMER PILATES |        |
| 9:30AM  | REFORMER PILATES |                  | REFORMER PILATES |                  | REFORMER PILATES |                  |        |
| 10:30AM |                  | REFORMER PILATES |                  | REFORMER PILATES |                  |                  |        |
| 5:15PM  | REFORMER PILATES | REFORMER PILATES | REFORMER PILATES | REFORMER PILATES |                  |                  |        |
| 6:15PM  | REFORMER PILATES | REFORMER PILATES |                  |                  |                  |                  |        |

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