

TIMETABLE

EFFECTIVE: 1 MARCH 2024

 GROUP FITNESS STUDIO  CYCLE STUDIO

OPEN 24/7
STAFFED HOURS

Monday - Thursday: 6:00am - 7:00pm
Friday: 6:00am - 6:00pm
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			SCHWINN CYCLE		SCHWINN CYCLE		
6:00AM	45	BARRE		CARDIO CAMP	BODY BLITZ		
7:00AM						FAT BURNER	
8:00AM	B-ACTIVE					45	
8:00AM						SCHWINN CYCLE	
9:00AM						YOGA - YIN	
9:15AM	CARDIO CAMP	CARDIO SCULPT	BODY BLITZ	BOOTY HIIT	BARRE		
9:15AM		SCHWINN CYCLE		SCHWINN CYCLE			
10:00AM	BODY BLITZ	MAT PILATES	BARRE	MAT PILATES	YOGA - VINYASA	B-ACTIVE	
11:00AM	YOGA - YIN	B-ACTIVE	YOGA - YIN	B-ACTIVE	ZUMBA		
4:00PM							YOGA - VINYASA
4:45PM	BODY BLITZ	BARRE		CARDIO SCULPT			
5:30PM	SCHWINN CYCLE		SCHWINN CYCLE				
5:30PM	FAT BURNER	ZUMBA	BODY BLITZ	45	MAT PILATES		
6:30PM	MAT PILATES	YOGA - VINYASA	YOGA - YIN				

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

TIMETABLE

EFFECTIVE: 1 MARCH 2024

REFORMER PILATES

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
6:45AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
7:00AM						REFORMER PILATES	
8:00AM		REFORMER PILATES		REFORMER PILATES		REFORMER PILATES	
8:45AM						15 MIN REFORMER ORIENTATION	
9:00AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	
9:45AM	15 MIN REFORMER ORIENTATION						
10:00AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
11:00AM		REFORMER PILATES		REFORMER PILATES			
4:30PM	REFORMER PILATES	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				

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Reformer Pilates