

TIMETABLE

EFFECTIVE 1 MARCH 2024

 GROUP FITNESS STUDIO

OPEN 24/7
STAFFED HOURS
Monday-Thursday: 8:00am-7:00pm
Friday: 8:00am-6:00pm
Saturday: 8:00am-11:00am
Sunday & Public Holidays: Unstaffed

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15AM						CARDIOSCULPT	
9:15AM	CARDIO CAMP	BARRE	BODY BLITZ	TABATA	45		
10:15AM	YOGA	PILATES			MOBILITY + FLEXIBILITY		
11:30AM	B-ACTIVE		B-ACTIVE		B-ACTIVE		
5:00PM	BARRE						
5:30PM		BODY BLITZ	TABATA	45			
6:00PM	BOXING						
6:30PM		YOGA	BARRE	YIN YOGA			

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