

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: 7:00am-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
6:00AM	BOOTYHIIT	TABATA		BODYBLITZ	STRONG NATION		
8:00AM						TABATA	
9:30AM	ZUMBA	BOOTYHIIT	TOTAL BODY	BARRE	BODY BLITZ		
10:30AM	BARRE	STRETCH AND MOBILITY	PILATES	YOGA	YIN YOGA		
5:30PM	BODY BLITZ	BARRE	ZUMBA				
6:30PM	YIN YOGA	PILATES					

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