

STAFFED HOURS

Monday – Wednesday 5am–8pm; Thursday
& Friday 5am–7pm; Saturday 7am–3pm;
Sunday 8am–3pm

GROUP FITNESS TIMETABLE

EFFECTIVE 4 AUGUST 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15 am	FITBOX						
5.30 am		SPIN 35			SPIN 35		
5.30 am		HOT PILATES	HOT YOGA	HOT PILATES	MAT PILATES		
7.30 am						SPIN 45	
7.30 am						HOT YOGA	
7.45 am						LES MILLS BODYSTEP™	
8.00 am			AQUA				
8.15 am							SPIN 45
8.30 am	LES MILLS BODYPUMP™	MAT PILATES	LES MILLS BODYSTEP™		LES MILLS BODYPUMP™	AQUA	HOT YOGA
8.45 am						VINYASA YOGA	
9.00 am				SPIN 45	BARRE	LES MILLS BODYPUMP™	FITBOX
9.00 am	AQUA			AQUA	AQUA		AQUA HIIT
9.30 am	VINYASA YOGA	VINYASA YOGA	BARRE		SPIN 45		
9.30 am		AQUA					
9.30 am	LES MILLS BODYSTEP™	SPIN 45	LES MILLS BODYPUMP™	LES MILLS BODYBALANCE™			
10.00 am						LES MILLS BODYBALANCE™	
10.10 am					STRETCH		
10.30 am	YIN YOGA	STRETCH YOGA		YIN YOGA			

5.30 pm	HATHA FLOW	HOT YOGA	SPIN 35	LES MILLS BODYBALANCE™	YIN YOGA		
5.30 pm		METAFIT	LES MILLS BODYPUMP™				
6.00 pm	LES MILLS BODYPUMP™						
6.00 pm	SPIN 35						
6.00 pm	AQUA HIIT		AQUA				
6.15 pm			FITBOX				
6.15 pm			MAT PILATES				
7.00 pm		ZUMBA		ZUMBA			

KEY

Group X

Mind Body

Spin Studio

Pool