

STAFFED HOURS

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

GROUP FITNESS TIMETABLE

EFFECTIVE 1 JULY 2024

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|------------------------|---------------------------|------------------------|---------------------------|------------------------|---------------------------|---------------------------|
| 5.15 am | FITBOX | | | | | | |
| 5.30 am | | SPIN 35 | | | SPIN 35 | | |
| 5.30 am | HOT YOGA | HOT PILATES | HOT YOGA | HOT PILATES | MAT PILATES | | |
| 6.00am | | | | | | | |
| 6.15 am | | | | | | | |
| 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 | | FITBOX | BARRE | SPIN 45 | BARRE | LES MILLS BODYPUMP™ | LES MILLS BODYPUMP™ |
| 9.00 am | AQUA | | | AQUA | AQUA | | AQUA HIIT |
| 9.30 am | VINYASA YOGA | VINYASA YOGA | | | SPIN 45 | | |
| 9.30 am | SPIN 35 | AQUA | | | | | |
| 9.30 am | LES MILLS BODYSTEP™ | LES MILLS BODYBALANCE™ | LES MILLS BODYPUMP™ | LES MILLS BODYBALANCE™ | | | |
| 10.10 am | | | | | STRETCH | LES MILLS BODYBALANCE™ | LES MILLS BODYBALANCE™ |
| 10.30 am | YIN YOGA | STRETCH | | YIN YOGA | | | |

| | | | | | | | |
|---------|------------------------|------------------------|---------------|----------|----------|--|--|
| 5.30 pm | YIN YOGA | HOT YOGA | SPIN 35 | HOT YOGA | YIN YOGA | | |
| 5.30 pm | METAFIT™ | LES MILLS BODYSTEP™ | | | | | |
| 5.45 pm | | | JFIT STRENGTH | | | | |
| 6.00 pm | LES MILLS BODYPUMP™ | | | | | | |
| 6.00 pm | SPIN 35 | | | | | | |
| 6.00 pm | AQUA HIIT | AQUA | AQUA | | | | |
| 6.15 pm | | | MAT PILATES | | | | |
| 6.15 pm | | | FITBOX | | | | |
| 7.00 pm | | ZUMBA | | ZUMBA | | | |

KEY

Group X Mind Body Spin Studio Pool

PLATINUM TIMETABLE

EFFECTIVE 1 JULY 2024

THE DUNGEON

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---------|---------|-----------|----------|---------|----------|---------|
| 5.00 AM | DUNGEON | DUNGEON | DUNGEON | DUNGEON | DUNGEON | | |
| 6.00 AM | DUNGEON | DUNGEON | DUNGEON | DUNGEON | | | |
| 7.00 AM | | | | | | DUNGEON | DUNGEON |
| 8.00 AM | | | | | | DUNGEON | |
| 9.15 AM | DUNGEON | DUNGEON | DUNGEON | DUNGEON | DUNGEON | | |
| 4.30 PM | | | | | | | |
| 5.15 PM | DUNGEON | DUNGEON | DUNGEON | DUNGEON | | | |
| 5.30 PM | | | | | | | |
| 6.15 PM | | DUNGEON | | | | | |

REFORMER PILATES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|-----------|-----------|-----------|-----------|-----------|-----------|------------------|
| 5.15 AM | REFORMERS | REFORMERS | REFORMERS | REFORMERS | REFORMERS | | |
| 6.15 AM | REFORMERS | REFORMERS | REFORMERS | REFORMERS | REFORMERS | | |
| 7.00 AM | | | | | | REFORMERS | REFORMERS 7.15AM |
| 8.00 AM | | | | | | REFORMERS | |
| 9.00 AM | | | | | | REFORMERS | |
| 8.15 AM | REFORMERS | REFORMERS | REFORMERS | REFORMERS | REFORMERS | | REFORMERS |
| 9.15 AM | REFORMERS | REFORMERS | REFORMERS | REFORMERS | REFORMERS | | REFORMERS |
| 10.15 AM | | | | | REFORMERS | | |
| 12.15 PM | REFORMERS | | | | | | |
| 4.15 PM | | REFORMERS | | | | | |
| 4.30 PM | | | | REFORMERS | | | |
| 5.00 PM | REFORMERS | | | | | | |
| 5.15 PM | | REFORMERS | REFORMERS | | | | |
| 5.30 PM | | | | REFORMERS | | | |
| 6.00 PM | REFORMERS | | | | | | |
| 6.15 PM | | REFORMERS | REFORMERS | | | | |

STAFFED HOURS

Monday - Wednesday 5AM - 8PM ;
Thursday, Friday 5AM - 7PM
Saturday 7AM - 3PM
Sunday 8AM - 3PM

 Jindaleefitness 247

 Jindaleefitness 247

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