

STAFFED HOURS

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

GROUP FITNESS TIMETABLE

EFFECTIVE 1 OCTOBER 2024

	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		
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™	
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™					
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							

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				

MASTERS CLASSES

The masters program is designed for seniors. Non-Platinum members can attend at a cost of \$5 per class. Platinum members receive this program free of charge.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 AM		DUNGEON		DUNGEON			
10.15 AM	REFORMERS		REFORMERS				
11.15 AM					REFORMERS		