

STAFFED HOURS

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

GROUP FITNESS TIMETABLE

EFFECTIVE 10 APRIL 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15 am	FITBOX						
5.30 am		SPIN 35	METAFIT		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			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		AQUA					
9.30 am	LES MILLS BODYSTEP™	SPIN 45	LES MILLS BODYPUMP™	LES MILLS BODYBALANCE™			
10.10 am					STRETCH		
10.30 am	YIN YOGA	STRETCH AND MOBILITY		YIN YOGA			

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

KEY

Group X

Mind Body

Spin Studio

Pool

PLATINUM TIMETABLE



EFFECTIVE 14 MARCH 2025

THE DUNGEON

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.00 AM	DUNGEON	DUNGEON	DUNGEON	DUNGEON	DUNGEON		
6.00 AM		DUNGEON	DUNGEON	DUNGEON			
7.00 AM						DUNGEON	DUNGEON
8.00 AM							
9.15 AM	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 7.15AM					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	REFORMERS				
4.30 PM				REFORMERS	REFORMERS		
5.00 PM	REFORMERS						
5.15 PM		REFORMERS	REFORMERS				
5.30 PM				REFORMERS	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		