

STAFFED HOURS

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

GROUP FITNESS TIMETABLE

EFFECTIVE 10 FEBRUARY 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 | LES MILLS BODYBALANCE™ | |
| 10.30 am | YIN YOGA | STRETCH AND MOBILITY | | YIN YOGA | | | |

| | | | | | | | |
|---------|------------------------|----------|---------------|----------|----------|--|--|
| 5.00 pm | | | | FITBOX | SPIN 35 | | |
| 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 | | | | |
| 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 1 JAN 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 | 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 | | |