

TIMETABLE

EFFECTIVE 16 MARCH 2026

STAFFED HOURS

Monday-Thursday: 9am-7pm
 Friday: 9am-5pm
 Saturday: 8.30am-1.30pm
 Sunday & Public Holidays: Unstaffed

GROUP FITNESS CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40AM	HIIT CIRCUIT	BODYPUMP EXPRESS	BODYCOMBAT EXPRESS	BODYPUMP EXPRESS	HIIT CIRCUIT		
7:30AM						METAFIT	
8:00AM						YOGA	
8:30AM							XTREME HIPHOP
9:00AM		HIIT CIRCUIT	CORE IQ	BODYPUMP		BODYPUMP	
9:15AM	BODYPUMP				BODYCOMBAT		
9:30AM		YOGA	DANCE FITNESS				
10:00AM							
10:20AM	GLADIATORS		GLADIATORS		GLADIATORS		
5:00PM	CORE IQ			METAFIT			
5:30PM	BODYPUMP	XTREME HIPHOP	BODYCOMBAT	YOGA	YOGA		
6:30PM	BODYCOMBAT EXPRESS	BODYPUMP		BODYPUMP			

PLEASE NOTE: Bookings are essential. Timetable is subject to change.