



**28 DAY CHALLENGE**  
STARTS MAY 25

GET STRONGER, FASTER, FITTER

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am	FITNESS		CONDITION				
5:30am		STRENGTH		FITNESS	STRENGTH		
6:15 am			HYROX ENGINE				
6:30am		STRENGTH		FITNESS	STRENGTH	HYROX ENGINE	
7:30am						CONDITION	
8:30am						CONDITION	FITNESS
9:30am	FITNESS	HYROX HYBRID	CONDITION	FITNESS			FITNESS
5:15pm	FITNESS		CONDITION		HYROX HYBRID		
5:30pm		STRENGTH		FITNESS			
6:15pm	FITNESS		CONDITION				
6:30pm		STRENGTH		FITNESS			

**GENESIS FITNESS MELTON**

15-21 Coburns Road, Melton South VIC 3338 Call **03 9747 4000** or visit [genesisfitness.com.au/gym/vic/melton](http://genesisfitness.com.au/gym/vic/melton)

**HYROX**  
TRAINING  
CLUB

**GENESIS**  
HEALTH + FITNESS

# Group Fitness Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am						BOXERCISE	
8:30 am						YOGA	
9:15 am	BODYPUMP	BODYATTACK	BODYSTEP				
9:30 am				BODYPUMP	CARDIO TONE	STRENGTH DEVELOPMENT	
9:45 am		ZUMBA					
10:00 am	DANCE		BALANCE	FIT FOR LIFE			
10:30 am					BODYCOMBAT	ZUMBA	YOGA
5:15 pm	KIDZFIT		KIDZFIT				
5:30 pm				BODYPUMP			
6:00 pm	BOXERCISE		ZUMBA				
6:15 pm		DANCE			STRENGTH DEVELOPMENT		
6:30 pm				BODYATTACK			
6:45 pm	BODYCOMBAT						
7:15 pm		BODYPUMP	YOGA				
7:30 pm				YOGA			
7:30 pm	ZUMBA	AQUA		AQUA			
7.45 pm					AQUA ZUMBA		

Book via the  
Genesis App

Genesis Fitness Melton  
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melton@genesisfitness.com.au  
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# Pool Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 7:30am	Available	Available	Limited Lanes	Available	Available	Available	Available
7:30am - 8:00am	Available	Available	Limited Lanes	Available	Available	Available	Available
8:00am - 8:30am	Available	Available	Available	Available	Available	Unavailable	Available
8:30am - 9:00am	Available	Available	Available	Available	Available	Unavailable	Available
9:00am - 10:00am	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Unavailable	Unavailable
10:00am - 11:00am	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Unavailable	Unavailable
11:00am - 12:00pm	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Unavailable	Unavailable
12:00pm - 1:00pm	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Available	Unavailable
1:00pm - 2:00pm	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Available	Available
2:00pm - 3:00pm	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Available	Available
3:00pm - 4:00pm	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Limited Lanes	Available	Available
4:00pm - 5:00pm	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Available	Available
5:00pm - 6:00pm	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Available	Available
6:00pm - 7:00pm	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Available	Available
7:00pm - 8:00pm	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Available	Available
8:00pm - 9:00pm	Available	Available	Available	Available	Available	Available	Available
9:00pm - 10:00pm	Available	Available	Available	Available	Available	Available	Available

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3338 03 9747 4000

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**Staffed hours:**  
Monday to Sunday: 6:00am – 10:00pm  
Public Holidays: unstaffed

# Reformer Pilates

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Reformer Pilates		Reformer Pilates		Reformer Pilates		
6:00am		Reformer Pilates		Reformer Pilates			
6:30am	Reformer Pilates		Reformer Pilates		Reformer Pilates		
7:00am		Reformer Pilates		Reformer Pilates			
7:30am						Reformer Pilates	Reformer Pilates
8:30am						Reformer Pilates	Reformer Pilates
9:30am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates Stretch
10:30am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	

5:15pm	Reformer Pilates		Reformer Pilates				
5:30pm		Reformer Pilates		Reformer Pilates	Reformer Pilates		
6:15pm	Reformer Pilates		Reformer Pilates				
6:30pm		Reformer Pilates		Reformer Pilates	Reformer Pilates		
7:15pm	Reformer Pilates		Reformer Pilates Stretch				
7:30pm		Reformer Pilates		Reformer Pilates			

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