

TIMETABLE

EFFECTIVE 30 MARCH 2026

STAFFED HOURS

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

PREMIUM CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM							
5:30AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
6:30AM		REFORMER PILATES		REFORMER PILATES			
7:00AM						REFORMER PILATES	REFORMER PILATES
8:00AM						REFORMER PILATES	REFORMER PILATES
8:45AM						ORIENTATION	
9:00AM						REFORMER PILATES	
9:15AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
10:00AM	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION		
10:15AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER STRETCH	REFORMER PILATES		
11:00AM							
5:00PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
5:45PM	ORIENTATION	ORIENTATION	ORIENTATION	ORIENTATION			
6:00PM	REFORMER PILATES	REFORMER PILATES	REFORMER STRETCH	REFORMER PILATES			

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

Reformer Pilates