

TIMETABLE

EFFECTIVE 1 December 2024

OPEN 24/7

STAFFED HOURS

Monday-Thursday: 8am-7pm

Friday: 8am-5pm

Saturday: 8am-12pm

Sunday & Public Holidays: Unstaffed

 COACHING ZONE

 REFORMER PILATES

PREMIUM CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM		COACHING ZONE		COACHING ZONE			
5:45AM	COACHING ZONE		COACHING ZONE		COACHING ZONE		
6:00AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
7:30AM						REFORMER PILATES	
7:30AM						COACHING ZONE	
8:30AM						REFORMER PILATES	
9:15AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
9:30AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
4:30PM	REFORMER PILATES	REFORMER PILATES					
5:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
5:30PM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		

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

Reformer Pilates



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EFFECTIVE 1st December

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Monday-Thursday: 8am-7pm
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 GROUP FITNESS STUDIO  CYCLE STUDIO  WELLNESS STUDIO

GROUP FITNESS CLASSES **ALL MEMBERS MUST Book Online via the Genesis App**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30AM	B-ACTIVE		B-ACTIVE		B-ACTIVE		

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