

TIMETABLE

EFFECTIVE 1ST SEPTEMBER 2026

 COACHING ZONE  REFORMER PILATES

OPEN 24/7
STAFFED HOURS

Monday-Thursday: 6am-8pm
Friday: 6am-7pm
Saturday: 9am-5pm
Sunday: 9am-12pm

PREMIUM CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

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

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

Reformer Pilates



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Monday-Thursday: 6am-8pm
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Saturday: 9am-5pm
Sunday: 9am-12pm

GROUP FITNESS CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	BODY BLITZ	BARRE	MENOSTRENGTH	BODYRIP	STRETCH AND MOBILITY		
7:15AM						BODY BLITZ	
8:15AM						MAT PILATES	
9:15AM	MENOSTRENGTH	STRETCH AND MOBILITY	BODYRIP	BARRE	BODY BLITZ		
10:00AM							YOGA
10:15AM	YOGA	B-ACTIVE		B-ACTIVE	MAT PILATES		
5:30PM	BARRE	BODYRIP	ZUMBA	MAT PILATES			
6:30PM	MAT PILATES	MENOSTRENGTH	YIN YANG YOGA				

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