

TIMETABLE

EFFECTIVE 1st SEPTEMBER 2026

COACHING ZONE

REFORMER PILATES

OPEN 24/7

STAFFED HOURS

Monday-Wednesday: 5.00am-9pm

Thursday to Friday: 5.00am-8pm

Saturday: 7am-4pm

Sunday: 8am-4pm

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		
5:30AM		REFORMER PILATES		REFORMER PILATES			
5:45AM	REFORMER PILATES		REFORMER PILATES				
6:15AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
6:30AM		REFORMER PILATES		REFORMER PILATES	REFORMER PILATES		
7:15AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	
8:15AM	REFORMER PILATES		REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES
8:15AM						COACHING ZONE	
9:15AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES
9:15AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	
4:30PM	REFORMER PILATES						
4:30PM	COACHING ZONE		COACHING ZONE				
4:45PM		REFORMER PILATES		REFORMER PILATES	REFORMER PILATES		
5:00PM			REFORMER PILATES				
5:30PM	REFORMER PILATES	ORIENTATION		ORIENTATION			
5:30PM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE			
5:45PM		REFORMER PILATES		REFORMER PILATES			
6:00PM			REFORMER PILATES				

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

Reformer Pilates



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GROUP FITNESS STUDIO

CYCLE STUDIO

GROUP FITNESS CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM		45			SCHWINN CYCLE		
6:00AM	BODY BLITZ	SCHWINN CYCLE	BARRE	BODY BLITZ	BODY BLITZ		
8:15AM						STEP MOVES	BARRE
8:15AM						SCHWINN CYCLE	
9:15AM	STEP	FATBURNER	STEP MOVES	ZUMBA	FATBURNER	ZUMBA	YOGA
10:15AM	BODY BLITZ	MAT PILATES	BODY BLITZ	BALANCE	BARRE	YOGA	BODY BLITZ
11:15AM	BALANCE						
12:15PM			MAT PILATES				
4:45PM	STEP MOVES	BODY BLITZ		MAT PILATES	YOGA		
5:00PM			SCHWINN CYCLE				
5:45PM	BARRE	ZUMBA	BODY BLITZ	YOGA			
5:45PM	SCHWINN CYCLE						

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