

TIMETABLE

EFFECTIVE 1 SEPTEMBER 2026



COACHING ZONE



REFORMER PILATES

OPEN 24/7
STAFFED HOURS

Monday-Thursday: 6am-7pm

Friday: 6am-5pm

Saturday: 7am-3pm

Sunday & Public Holidays: Unstaffed

PREMIUM CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:05AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
5:45AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
6:00AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
6:45AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
7:00AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	
7:00AM						REFORMER PILATES	
8:00AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	
8:00AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES
8:45AM						ORIENTATION REFORMER PILATES	
9:00AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	
9:00AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES
9:45AM	ORIENTATION REFORMER PILATES		ORIENTATION REFORMER PILATES				
10:00AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
10:00AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
4:30PM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE			
4:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
5:15PM		ORIENTATION REFORMER PILATES	ORIENTATION REFORMER PILATES				
5:30PM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE			
5:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES STRETCH			

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

Reformer Pilates



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GROUP FITNESS STUDIO



CYCLE STUDIO

OPEN 24/7
STAFFED HOURS

Monday-Thursday: 6am-7pm

Friday: 6am-5pm

Saturday: 7am-3pm

Sunday & Public Holidays: Unstaffed

GROUP FITNESS CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	BODY BLITZ	BARRE	SCHWINN CYCLE	CARDIO SCULPT	SCHWINN CYCLE		
7:00AM						MENO STRENGTH	
8:00AM						SCHWINN CYCLE	
8:00AM	B-ACTIVE				B-ACTIVE STRENGTH	'45'	
9:00AM						YOGA YIN	
9:15AM	CARDIO SCULPT	BODY BLITZ	CARDIO CAMP	STRETCH & MOBILITY	BARRE		
9:15AM				SCHWINN CYCLE			
10:00AM	YOGA YIN	MAT PILATES	B-ACTIVE STRENGTH	MAT PILATES	YOGA VINYASA	B-ACTIVE	
11:00AM		B-ACTIVE CIRCUIT	YOGA YIN/YANG	B-ACTIVE	ZUMBA		
12:00PM			MEDITATION				
4:00PM							YOGA VINYASA
4:45PM	CARDIO CAMP	BARRE	MENO STRENGTH				
5:30PM	MENO STRENGTH	ZUMBA	BODY BLITZ	'45'	MAT PILATES		
5:30PM	SCHWINN CYCLE						
6:30PM	MAT PILATES	YOGA VINYASA					

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