

TIMETABLE

EFFECTIVE 1 OCTOBER 2026

OPEN 24/7
STAFFED HOURS
Monday - Thursday: 8am - 9pm
Friday: 8am – 7pm
Saturday - Sunday: 8am - 2pm

GROUP FITNESS CLASSES

MORNING:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM				AB BLITZ LAURENCE			
	LES MILLS BODYPUMP JORDAN (TOKEN)	ZUMBA BEATA	LES MILLS BODYPUMP JORDAN (TOKEN)	LES MILLS BODYSTEP JORDAN (TOKEN)	ZUMBA SARAH	LES MILLS BODYPUMP ELISE (TOKEN)	BOXING SOOTI
9:30AM		FUNCTIONAL FITNESS NICOLE		FUNCTIONAL FITNESS LAURENCE (TOKEN)	FUNCTIONAL FITNESS NICOLE		
10:30AM	ZUMBA NIDIA	T.H.T SARAH	YOGA AYSE			ZUMBA MARYANNE	ZUMBA KERRY
11:30AM							YOGA AYSE

EVENING:

5:00PM	YOGA NAZIK				LESMILLS BODYCOMBAT JACKIE		
5:15PM				LES MILLS BODYATTACK JORDAN			
5:30PM		FUNCTIONAL FITNESS NICOLE					
6:00PM	LES MILLS BODYATTACK JORDAN	LES MILLS BODYSTEP JORDAN (TOKEN)	ZUMBA TONING SANJA	LES MILLS BODYPUMP JORDAN (TOKEN)	ZUMBA MARYANNE		
		SPIN NICOLE					
7:00PM	LES MILLS BODYPUMP ARMAN (TOKEN)	LES MILLS BODYPUMP ELISE (TOKEN)	LES MILLS BODYPUMP ELISE (TOKEN)	BOXING SOOTI			
8:00PM	ZUMBA JOEL	ZUMBA ANA	YOGA NAZIK	ZUMBA ANA			