

TIMETABLE

EFFECTIVE 1 SEPTEMBER 2026

 COACHING ZONE  REFORMER PILATES

OPEN 24/7
STAFFED HOURS

Monday-Thursday: 7am-8pm
Friday: 7am-5pm
Saturday: 7am-12pm
Sunday & Public Holidays: Unstaffed

PREMIUM CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

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

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

Reformer Pilates



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EFFECTIVE 1 SEPTEMBER 2026



GROUP FITNESS STUDIO



CYCLE STUDIO

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STAFFED HOURS

Monday-Thursday: 7am-8pm

Friday 7am-5pm

Saturday: 7am-12pm

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	SCHWINN CYCLE	BODYBLITZ	SCHWINN CYCLE	TABATA	MENOSTRENGTH		
8:15AM						SCHWINN CYCLE	
9:00AM						BODYBLITZ	YOGA
9:15AM	BODYBLITZ	BAT	CARDIOCAMP	CARDIOSCULPT	TOTALBODY		
9:15AM				SCHWINN CYCLE			
10:00AM						YOGA	
10:15AM	MAT PILATES		MENOSTRENGTH	BALANCE			
11:00AM				B-ACTIVE			
4:30PM	MENOSTRENGTH						
5:30PM	ZUMBA	BODYBLITZ	TABATA	ZUMBA+LIFT			
5:30PM	SCHWINN CYCLE						
6:30PM	YOGA	MAT PILATES	MENOSTRENGTH				
7:15PM	MEDITATION						

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