

TIMETABLE

EFFECTIVE DECEMBER 2024

**OPEN 24/7
STAFFED HOURS**

Monday to Thursday 6am - 7pm

Friday 6am - 5pm

Saturday 7am - 3pm

Sundays & Public Holidays - Unstaffed 24/7 access only

GROUP FITNESS STUDIO CYCLE STUDIO

GROUP FITNESS CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM			SCHWINN CYCLE		SCHWINN CYCLE		
6:00AM	CARDIO CAMP	BARRE		YOGA	BODY BLITZ		
7:00AM						STEP STARTER	
8:00AM	B-ACTIVE				B-ACTIVE STRENGTH	45	
8:00AM						SCHWINN CYCLE	
9:00AM						YOGA - YIN	
9:15AM	TABATA	BODY BLITZ	CARDIO SCULPT	SCHWINN CYCLE	BARRE		
10:00AM	YOGA - YIN	MAT PILATES	BARRE	MAT PILATES	YOGA - VINYASA	B-ACTIVE	
11:00AM		B-ACTIVE CIRCUIT	YOGA - YIN/YANG	B-ACTIVE	ZUMBA		
4:00PM							YOGA - VINYASA
4:45PM	BODY BLITZ	BARRE					
5:30PM	SCHWINN CYCLE						
5:30PM	FAT BURNER	ZUMBA	BODY BLITZ	45	MAT PILATES		
6:30PM	MAT PILATES	YOGA - VINYASA	MAT PILATES	ZUMBA			

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

Genesis Warners Bay

13/240-260 Hillsborough Rd, Warners Bay NSW 2282

Call **02 4087 8799** or visit [genesisfitness.com.au](https://www.genesisfitness.com.au)

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HEALTH + FITNESS

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REFORMER PILATES

COACHING ZONE

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	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	
8:00AM	REFORMER PILATES		REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES
8:45AM						15 MIN REFORMER	
9:00AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES
9:00AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	
9:45AM	15 MIN REFORMER		15 MIN REFORMER				
10:00AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
10:00AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
11:00AM							
4:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
4:30PM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE			
4:45PM		15 MIN REFORMER	15 MIN REFORMER				
5:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
5:30PM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE			
6:30PM		REFORMER PILATES	REFORMER PILATES				

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Reformer Pilates

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