

TIMETABLE

EFFECTIVE 1 SEPTEMBER 2026

COACHING ZONE

REFORMER PILATES

OPEN 24/7
STAFFED HOURS

Monday - Thursday: 8am-7pm
Friday: 8am-6pm
Saturday: 7am-11pm
Sunday & Public Holidays: Unstaffed

PREMIUM CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

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

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

Reformer Pilates



TIMETABLE

EFFECTIVE 1 SEPTEMBER 2026

OPEN 24/7
STAFFED HOURS

☐ GROUP FITNESS STUDIO

Monday-Thursday: 8.00am-7.00pm
Friday: 8.00am-6.00pm
Saturday: 7.00am-11.00am
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	TABATA	BARRE		BODYBLITZ	MENOSTRENGTH	TABATA	
7.00AM						MAT PILATES	
9.30AM		MENOSTRENGTH	BARRE		BOOTYHIIT		
10.15AM	YIN YOGA	STRETCH AND MOBILITY	MAT PILATES	STRETCH AND MOBILITY	YOGA		
5.30PM	BODYBLITZ	BARRE	ZUMBA	MENOSTRENGTH			
6.30PM	STRETCH AND MOBILITY	MAT PILATES		YOGA			

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