

TIMETABLE

EFFECTIVE 1 OCTOBER 2026

OPEN 24/7

STAFFED HOURS

GROUP FITNESS STUDIO

CYCLE STUDIO

WELLNESS STUDIO

GROUP FITNESS CLASSES

Monday-Friday: 6:00am-8:30pm

Saturday - Sunday: 8:00am-12:00pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	FUNCTIONAL FIT	YOGA	GRIT STRENGTH	BODY PUMP			
9:00AM						BODY PUMP (45 MIN)	BODY PUMP
9:30AM		STRENGTH & TONE	BODY PUMP	BOUNCE HIIT			
10:00AM	PILATES				BODY PUMP	DANCE FIT WITH JORDYNN	DANCE FIT WITH EZRA
5:00PM				PILATES (45 MIN)			
5:15PM		PILATES	BODY STEP				
5:45PM	BODY PUMP (45 MIN)		YOGA	BOXING (45 MIN)			
6:00PM	YOGA	GRIT STRENGTH	BODY PUMP (45 MIN)	YOGA	BODY PUMP		
6:30PM	BOXING	ZUMBA		ZUMBA			
7:00PM	BREATHWORK						

6:00AM		SPRINT			SPRINT		
8:00AM						RPM	
5:45PM	SPRINT						
6:00PM		RPM		RPM			

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