

TIMETABLE

EFFECTIVE 1 SEPTEMBER 2026

OPEN 24/7
STAFFED HOURS

 GROUP FITNESS STUDIO

Monday-Thursday: 8.00am-7.00pm
Friday: 8.00am-5.00pm
Saturday: 8.00am-1.00pm
Sunday & Public Holidays: Unstaffed

GROUP FITNESS CLASSES **ALL MEMBERS MUST Book Online via the Genesis App**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15AM						CARDIOCAMP	
9:15AM	CARDIOCAMP	BARRE	BODY BLITZ	BAT	MENOSTRENGTH		
10:15AM	YOGA	MAT PILATES			STRETCH & MOBILITY		
11:30AM	B-ACTIVE	B-ACTIVE			B-ACTIVE		
5:30PM	TABATA	MENOSTRENGTH	BODY BLITZ				
6:30PM	MAT PILATES	YOGA	BARRE				

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

TIMETABLE

EFFECTIVE 1 SEPTEMBER 2026

 COACHING ZONE  REFORMER PILATES

OPEN 24/7
STAFFED HOURS

Monday-Thursday: 8am-7pm
Friday: 8am-5pm
Saturday: 8am-1pm
Sunday & Public Holidays: Unstaffed

PREMIUM CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		REFORMER PILATES		
5.45AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
8.15AM						COACHING ZONE	
8.15AM						REFORMER PILATES	
9.00AM	REFORMER ORIENTATION		REFORMER ORIENTATION		REFORMER ORIENTATION	REFORMER ORIENTATION	
9.15AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		REFORMER PILATES	REFORMER PILATES	
9.15AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
10.15AM				REFORMER PILATES			
4.30PM		REFORMER PILATES		REFORMER PILATES			
5.15PM		REFORMER ORIENTATION		REFORMER ORIENTATION			
5.30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
5.30PM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE			
6.15PM			REFORMER ORIENTATION				
6.30PM			REFORMER PILATES				

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

Reformer Pilates

