

TIMETABLE

EFFECTIVE 1 JUNE 2026

OPEN 24/7
STAFFED HOURS

Monday-Thursday: 8am-7pm
Friday: 8am-6pm
Saturday: 8am-3pm
Sunday & Public Holidays: Unstaffed

COACHING ZONE

REFORMER PILATES

PREMIUM CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

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

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

Reformer Pilates



TIMETABLE

EFFECTIVE 1 JUNE 2026

OPEN 24/7
STAFFED HOURS

Monday-Thursday: 8am-7pm
Friday: 8am-6pm
Saturday: 8am-3pm
Sunday & Public Holidays: Unstaffed

 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	MENO STRENGTH	MAT PILATES	CYCLE	BODY BLITZ	CYCLE		
7:15AM						CYCLE	
8:15AM						BODY BLITZ	
9:15AM	BODY BLITZ	CYCLE	BARRE ATTACK	BODY BLITZ	STEP	STRETCH & MOBILITY	
10:00AM	YOGA	YIN YOGA	MAT PILATES	STRETCH & MOBILITY	YOGA		
4:30PM	BARRE ATTACK	MENO STRENGTH		MAT PILATES			
5:00PM	CYCLE						
5:15PM	MAT PILATES	STETCH & MOBILITY	BODY BLITZ	CYCLE			
6:00PM	BODY BLITZ	BARRE ATTACK	MAT PILATES	YIN YOGA			

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