TIMETABLE

EFFECTIVE 1 SEPTEMBER 2026

COACHING ZONE REFORMER PILATES

OPEN 24/7

STAFFED HOURS

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

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	
9.00AM	REFORMER ORIENTATION		REFORMER ORIENTATION	REFORMER ORIENTATION	REFORMER ORIENTATION	REFORMER ORIENTATION	
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		
10:15AM	REFORMER PILATES		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	REFORMER ORIENTATION	REFORMER ORIENTATION	REFORMER ORIENTATION			
5:15PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
5:30PM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE			

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

Reformer Pilates

coachingZONE®

TIMETABLE

EFFECTIVE 1 SEPTEMBER 2026

GROUP FITNESS STUDIO CYCLE STUDIO

OPEN 24/7
STAFFED HOURS

Monday-Thursday: 8am-7pm
Friday: 8am-6pm
Saturday: 8am-3pm
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	MENO STRENGTH	MAT PILATES	CYCLE	BODY BLITZ	CYCLE		
7:15AM						CYCLE	
8:00AM	YOGA	BE-ACTIVE	YOGA	BE-ACTIVE			
8:15AM						BODY BLITZ	
9.15AM		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		MAT PILATES	YIN YOGA			

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GENESIS HEALTH + FITNESS