

TIMETABLE

EFFECTIVE 15 SEPTEMBER 2025

Monday-Thursday: 9.00am-7.00pm
 Friday: 9.00am -6.00pm
 Saturday: 8.30am-1.30pm
 Sunday & Public Holidays: Unstaffed

**OPEN 5:00AM – 10.00PM
 STAFFED HOURS**

GROUP FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM							
5:45AM	FREESTYLE PUMP			METAPWR	FREESTYLE PUMP		
7:00AM							
7:30AM						HIIT CIRCUIT	
8:00AM						BODY COMBAT	
8:30AM							
9:00AM	HIIT	BODY BALANCE	METAFIT	HIITSTEP	BODYPUMP	BODY BALANCE	BODY PUMP
9:30AM	FREESTYLE PUMP		ABT	BODY PUMP			
10:00AM		KONGA			MAT PILATES	KONGA	VINYASA YOGA
10:30AM				BODY BALANCE			
11:00AM	LIVE STRONGER		LIVE STRONGER		LIVE STRONGER		
5:00PM							
5:30PM	BODY PUMP	VINYASA YOGA	ZUMBA		HIIT CIRCUIT		
6:00PM				CLUBBERCISE	KONGA		
6:30PM	ZUMBA	KONGA	BODY COMBAT				
7:00PM							
7:30PM							

PLEASE NOTE: CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE DUE TO INSTRUCTOR AVAILABILITY