

TIMETABLE

OPEN 24/7
STAFFED HOURS

EFFECTIVE September 1st 2026



COACHING ZONE



REFORMER PILATES

Monday-Thursday: 8am-7pm
Friday: 8am-6pm
Saturday: 8:30am-3pm
Sunday & Public Holidays: Unstaffed

PREMIUM CLASSES

ALL MEMBERS MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
6:00AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
5.45AM		REFORMER ORIENTATION			REFORMER ORIENTATION		
6.00AM		REFORMER PILATES	REFORMER PILATES		REFORMER PILATES		
6:45AM		REFORMER ORIENTATION	REFORMER ORIENTATION	REFORMER ORIENTATION	REFORMER ORIENTATION		
7:00AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	
7:30AM						COACHING ZONE	
8:00AM						REFORMER STRETCH	
8:45AM	REFORMER ORIENTATION		REFORMER ORIENTATION	REFORMER ORIENTATION	REFORMER ORIENTATION	REFORMER ORIENTATION	
9:00AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	
9:15AM		COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
9:45AM	COACHING ZONE						
4.45PM	REFORMER ORIENTATION	REFORMER ORIENTATION					
5:00PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
5:45PM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE			
5:45PM	REFORMER ORIENTATION	REFORMER ORIENTATION	REFORMER ORIENTATION	REFORMER ORIENTATION			
6.00PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			

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

Reformer Pilates



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	VINYASA YOGA		VINYASA YOGA		VINYASA YOGA		
7:30AM	B-ACTIVE	MAT PILATES	B-ACTIVE	BARRE	MAT PILATES		
9:15AM	ZUMBA	MENO STRENGTH	BODY BLITZ	MAT PILATES	ZUMBA		
10:15AM	MAT PILATES	STRETCH & MOBILITY	MAT PILATES	YOGA	MAT PILATES		
5:30PM	MENO STRENGTH	BARRE	YIN YOGA				

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