

TIMETABLE

EFFECTIVE 1st SEPTEMBER 2026

OPEN 24/7
STAFFED HOURS

Monday-Thursday: 8am-7pm
Friday: 8am-5pm
Saturday: 8am-12pm
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
5:45AM	COACHING ZONE	HYROX ENGINE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
6:00AM		REFORMER PILATES		REFORMER PILATES	REFORMER PILATES		
6:45AM			REFORMER PILATES				
7:30AM						COACHING ZONE	
7:30AM						REFORMER PILATES	
8:15AM						REFORMER PILATES ORIENTATION	
8:30AM						REFORMER PILATES	REFORMER PILATES
9:30AM	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE	COACHING ZONE		
9:30AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
4:30PM	REFORMER PILATES						
5:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
5:30PM	COACHING ZONE	COACHING ZONE	COACHING ZONE	HYROX HYBRID			

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
10.30AM		B-ACTIVE (CHAIR YOGA)	B-ACTIVE		B-ACTIVE		

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