

# TIMETABLE

EFFECTIVE 3RD NOVEMBER 2025

OPEN 5:00AM – 10:00PM

STAFFED HOURS

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

 COACHING ZONE

 REFORMER PILATES

## PREMIUM CLASSES

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

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