

## STAFFED HOURS

Monday – Wednesday 5am–8pm; Thursday  
& Friday 5am–7pm; Saturday 7am–3pm;  
Sunday 8am–3pm

## GROUP FITNESS TIMETABLE

EFFECTIVE 5 MAY 2025

|          | MONDAY                 | TUESDAY         | WEDNESDAY              | THURSDAY                  | FRIDAY                 | SATURDAY                  | SUNDAY                 |
|----------|------------------------|-----------------|------------------------|---------------------------|------------------------|---------------------------|------------------------|
| 5.15 am  | FITBOX                 |                 |                        |                           |                        |                           |                        |
| 5.30 am  |                        | SPIN 35         | METAFIT                |                           | SPIN 35                |                           |                        |
| 5.30 am  |                        | HOT PILATES     | HOT YOGA               | HOT PILATES               | MAT PILATES            |                           |                        |
| 7.30 am  |                        |                 |                        |                           |                        | SPIN 45                   |                        |
| 7.30 am  |                        |                 |                        |                           |                        | HOT YOGA                  |                        |
| 7.45 am  |                        |                 |                        |                           |                        | LES MILLS<br>BODYSTEP™    |                        |
| 8.00 am  |                        |                 | AQUA                   |                           |                        |                           |                        |
| 8.15 am  |                        |                 |                        |                           |                        |                           | SPIN 45                |
| 8.30 am  | LES MILLS<br>BODYPUMP™ | MAT PILATES     | LES MILLS<br>BODYSTEP™ |                           | LES MILLS<br>BODYPUMP™ | AQUA                      | HOT YOGA               |
| 8.45 am  |                        |                 |                        |                           |                        | VINYASA YOGA              |                        |
| 9.00 am  |                        |                 | BARRE                  | SPIN 45                   | BARRE                  | LES MILLS<br>BODYPUMP™    | LES MILLS<br>BODYPUMP™ |
| 9.00 am  | AQUA                   |                 |                        | AQUA                      | AQUA                   |                           | AQUA HIIT              |
| 9.30 am  | VINYASA YOGA           | VINYASA YOGA    |                        |                           | SPIN 45                |                           |                        |
| 9.30 am  |                        | AQUA            |                        |                           |                        |                           |                        |
| 9.30 am  | LES MILLS<br>BODYSTEP™ | SPIN 45         | LES MILLS<br>BODYPUMP™ | LES MILLS<br>BODYBALANCE™ |                        |                           |                        |
| 10.00 am |                        |                 |                        |                           |                        | LES MILLS<br>BODYBALANCE™ |                        |
| 10.10 am |                        |                 |                        |                           | STRETCH                |                           |                        |
| 10.30 am | YIN YOGA               | STRETCH<br>YOGA |                        | YIN YOGA                  |                        |                           |                        |

|         |                        |          |                        |          |                   |  |  |
|---------|------------------------|----------|------------------------|----------|-------------------|--|--|
| 5.30 pm | HATHA FLOW             | HOT YOGA | SPIN 35                | HOT YOGA | HOT POWER<br>YOGA |  |  |
| 5.30 pm |                        | METAFIT  | LES MILLS<br>BODYPUMP™ |          |                   |  |  |
| 5.45 pm |                        |          | MAT PILATES            |          |                   |  |  |
| 6.00 pm | LES MILLS<br>BODYPUMP™ |          |                        |          |                   |  |  |
| 6.00 pm | SPIN 35                |          |                        |          |                   |  |  |
| 6.00 pm | AQUA HIIT              |          | AQUA                   |          |                   |  |  |
| 6.15 pm |                        |          | FITBOX                 |          |                   |  |  |
| 7.00 pm |                        | ZUMBA    |                        | ZUMBA    |                   |  |  |

### KEY

Group X

Mind Body

Spin Studio

Pool

# PLATINUM TIMETABLE



EFFECTIVE 14 MARCH 2025

## THE DUNGEON

|         | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY  | SATURDAY | SUNDAY  |
|---------|---------|---------|-----------|----------|---------|----------|---------|
| 5.00 AM | DUNGEON | DUNGEON | DUNGEON   | DUNGEON  | DUNGEON |          |         |
| 6.00 AM |         | DUNGEON | DUNGEON   | DUNGEON  |         |          |         |
| 7.00 AM |         |         |           |          |         | DUNGEON  | DUNGEON |
| 8.00 AM |         |         |           |          |         |          |         |
| 9.15 AM | DUNGEON | DUNGEON |           | DUNGEON  | DUNGEON |          |         |
| 4.30 PM |         |         |           |          |         |          |         |
| 5.15 PM | DUNGEON | DUNGEON | DUNGEON   | DUNGEON  |         |          |         |
| 5.30 PM |         |         |           |          |         |          |         |

## REFORMER PILATES

|          | MONDAY           | TUESDAY   | WEDNESDAY | THURSDAY  | FRIDAY    | SATURDAY  | SUNDAY           |
|----------|------------------|-----------|-----------|-----------|-----------|-----------|------------------|
| 5.15 AM  | REFORMERS        | REFORMERS | REFORMERS | REFORMERS | REFORMERS |           |                  |
| 6.15 AM  | REFORMERS        | REFORMERS | REFORMERS | REFORMERS | REFORMERS |           |                  |
| 7.00 AM  | REFORMERS 7.15AM |           |           |           |           | REFORMERS | REFORMERS 7.15AM |
| 8.00 AM  |                  |           |           |           |           | REFORMERS |                  |
| 9.00 AM  |                  |           |           |           |           | REFORMERS |                  |
| 8.15 AM  | REFORMERS        | REFORMERS | REFORMERS | REFORMERS | REFORMERS |           | REFORMERS        |
| 9.15 AM  | REFORMERS        | REFORMERS | REFORMERS | REFORMERS | REFORMERS |           | REFORMERS        |
| 10.15 AM |                  |           |           |           | REFORMERS |           |                  |
| 12.15 PM | REFORMERS        |           |           |           |           |           |                  |
| 4.15 PM  |                  | REFORMERS | REFORMERS |           |           |           |                  |
| 4.30 PM  |                  |           |           | REFORMERS | REFORMERS |           |                  |
| 5.00 PM  | REFORMERS        |           |           |           |           |           |                  |
| 5.15 PM  |                  | REFORMERS | REFORMERS |           |           |           |                  |
| 5.30 PM  |                  |           |           | REFORMERS | REFORMERS |           |                  |
| 6.00 PM  | REFORMERS        |           |           |           |           |           |                  |
| 6.15 PM  |                  | REFORMERS | REFORMERS |           |           |           |                  |

## MASTERS CLASSES

The masters program is designed for seniors. Non-Platinum members can attend at a cost of \$5 per class. Platinum members receive this program free of charge.

|          | MONDAY    | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY    | SATURDAY | SUNDAY |
|----------|-----------|---------|-----------|----------|-----------|----------|--------|
| 8.00 AM  |           | DUNGEON |           | DUNGEON  |           |          |        |
| 10.15 AM | REFORMERS |         | REFORMERS |          |           |          |        |
| 11.15 AM |           |         |           |          | REFORMERS |          |        |