

STAFFED HOURS

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

GROUP FITNESS TIMETABLE
EFFECTIVE 4th OCTOBER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15 am	FITBOX		FITBOX				
5.30 am		SPIN 35		METAFIT	SPIN 35		
5.30 am		HOT PILATES	HOT YOGA FLOW	HOT PILATES			
7.30 am						SPIN 45	
7.30 am						HOT VINYASA YOGA	
7.45 am						LES MILLS BODYSTEP™	
8.00 am			AQUA				HOT VINYASA YOGA
8.15 am							SPIN 45
8.30 am	LES MILLS BODYPUMP™	MAT PILATES	LES MILLS BODYSTEP™		LES MILLS BODYPUMP™	AQUA	
8:45 am						VINYASA YOGA	
9:00 am				AQUA	AQUA	LES MILLS BODYPUMP™	AQUA HIIT
9:00 am				SPIN 45			FITBOX
9:00 am	AQUA						
9.30 am	VINYASA YOGA	AQUA	BARRE		BARRE 45		
9.30 am		FITBOX			SPIN 45		
9.30 am	LES MILLS BODYSTEP™	VINYASA YOGA	LES MILLS BODYPUMP™	LES MILLS BODYBALANCE™	LES MILLS BODYCOMBAT™		
10.00 am						LES MILLS BODYBALANCE™	
10.20 am					STRETCH		
10.30 am				YIN YOGA & BREATHWORK			
10.35 am	YIN YOGA	STRETCH YOGA					
5.15 pm	LES MILLS BODYBALANCE™						
5.30 pm		HOT VINYASA YOGA	LES MILLS BODYPUMP™	HOT VINYASA YOGA			
5.30 pm		METAFIT	SPIN 35		YIN YOGA & BREATHWORK.		
6.00 pm	LES MILLS BODYPUMP™		AQUA				
6.00 pm	SPIN 35						
6.00 pm	AQUA HIIT						
6.15 pm		AQUA					
6.15 pm			MAT PILATES				
6.30 pm			FITBOX				
6.45 pm		YIN YOGA & BREATHWORK		YIN YOGA & BREATHWORK			
5.45 pm							
7.00 pm		ZUMBA		ZUMBA			