

GROUP FITNESS TIMETABLE

SUMMER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HEALTH CLUB	06:05AM	HIGH ENERGY CIRCUIT with Henry	BODY PUMP with Nat	HIGH ENERGY CIRCUIT with Henry	RPM with Nat	HIGH ENERGY CIRCUIT with Henry	
	07:30AM			WONDER WOMAN with Mel		WONDER WOMAN with Mel	
	08:05AM					BODY PUMP HEAVY with Nat	
	08:15AM				STRETCH & ALIGN with Di		
	08:30AM			WONDER WOMAN with Mel			
	09:00AM					RPM with Nat	VINYASA YOGA with Zoe
	09:10AM	BODY PUMP HEAVY with Nat	RPM with Nat	H.I.I.T with Skye		BODY PUMP with Nat	
	09:30AM						
	09:45AM			CORE & MORE with Skye	POWER YOGA with Zoe		
	10:00AM	RPM with Nat	CORE with Nat			CORE with Nat	ZUMBA with Josie
	10:30AM	TAI CHI with Cheryl	VINYASA YOGA with Zoe	MOVE & STRETCH with Zoe		BODY SCULPT with Skye	YIN YOGA with Zoe
	10:45AM				PILATES with Prue		
	10:50AM	CORE & MORE with Skye					
	11:30AM	PILATES with Les	PILATES with Prue	PILATES with Les		PILATES with Les	
	1:30PM	MOVE TO IMPROVE with Di		MOVE TO IMPROVE with Di	MOVE TO IMPROVE with Denham		
	6:00PM	HIGH ENERGY CIRCUIT with Henry	STRENGTH & CARDIO with Di	HIGH ENERGY CIRCUIT with Henry	BODY BLAST with Di		
	7:00PM	PILATES with Prue		PILATES with Les	YIN YANG YOGA with Kylie		