

# GROUP FITNESS TIMETABLE

SUMMER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
GROUP FITNESS ROOM	06:05AM	HIGH ENERGY CIRCUIT with Henry	BODY PUMP with Nat	HIGH ENERGY CIRCUIT with Henry	RPM with Nat	HIGH ENERGY CIRCUIT with Henry		
	07:00AM	<b>NEW</b>		<b>NEW</b>	BOXING with Henry			
	07:30AM	TAI CHI with Cheryl		WONDER WOMAN with Mel		WONDER WOMAN with Mel		
	08:05AM		<b>NEW</b>		<b>NEW</b>	BODY PUMP with Nat		
	08:15AM			TAI CHI with Cheryl		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	YIN YOGA with Zoe
	10:30AM		VINYASA YOGA with Zoe	MOVE & STRETCH with Zoe		BODY SCULPT with Skye		
	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			

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<b>GYM FLOOR</b>	6:15AM		FUNCTIONAL TRAINING with Juliette		FUNCTIONAL TRAINING with Henry				
	8:15AM						BOOTCAMP with Henry		
	12:30PM	SENIOR CIRCUIT with Di		SENIOR CIRCUIT with Di					
	3:30PM	TEEN GYM: 2 hours of supervised gym access for 13- 5 year olds with instructor guided programming							
	6:00PM								
	6:15PM					FUNCTIONAL TRAINING with Mitch			
	7:15PM			FUNCTIONAL TRAINING with Denham					
	7:30PM	FUNCTIONAL TRAINING with Di							

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<b>AQUATICS</b>	7:30AM		AQUA FOR ALL with Di		AQUA FOR ALL with Di			
	8:30AM	AQUA FIT with Di	AQUA FIT with Wendy	AQUA FIT with Mel		AQUA FIT with Mel		
	9:30AM	AQUA FIT with Mel	AQUA HIIT with Skye	AQUA FIT with Di	AQUA FIT with Mel	AQUA FIT with Di		

\*At times program bookings may interrupt regular scheduling. We will do our best to notify members ahead of time if there are any interruptions.

\*Class times are subject to change