

GROUP FITNESS TIMETABLE

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	NEW		NEW	BOXING with Henry		
	07:30AM	TAI CHI with Cheryl		WONDER WOMAN with Mel		WONDER WOMAN with Mel	
	08:05AM					BODY PUMP with Nat	
	08:15AM			NEW		NEW	
	08:30AM				WONDER WOMAN with Mel		
	08:30AM					STRETCH & ALIGN with Di	
	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		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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GYM FLOOR	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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AQUATICS	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