Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.00am SIGNATURE CYCLE	6.15 - 7.00am STRENGTH & CONDITIONING	6.30 - 7.15am LEGS, BUMS & TUMS	6.15 - 7.00am SIGNATURE SKULPT	6.30 - 7.00am SIGNATURE CYCLE	8.30 - 9.15am DANCE FIT	7:30 - 8.00am MIND & BODY ALIGNMENT
7:15 - 8.00am SIGNATURE SKULPT	7.00 - 7.30am RESTORATIVE MOBILITY	7:30 - 8.30am POWER HOUR YOGA	7.15 - 8.00am SIGNATURE STRENGTH	7.15 - 8.00am SIGNATURE SKULPT	9.15 - 10.00am SIGNATURE SKULPT	8.00 - 8.30am GYM CIRCUITS
8.15 - 8.45am LEGS, BUMS & TUMS	8.45 - 9.15am CORE CONDITIONING	8.30 - 9.30am EMBODIED STRENGTH	8.30 - 9.15am SIGNATURE SKULPT	8.00 - 8.30am SIGNATURE STRENGTH	9.45 - 10.30am SUPER CYCLE	8.30 - 9.00am SUPER CYCLE
8.45 - 9.15am CORE CONDITIONING	9.15 - 10.00am LEGS, BUMS & TUMS	8.30 - 9.00am GYM CIRCUITS	9.15 - 9.45am LEGS, BUMS & TUMS	8.30 - 9.30am EMBODIED STRENGTH	10.00 - 10.30am CORE CONDITIONING	8.45 - 9.15am CORE CONDITIONING
9.15 - 9.45am SIGNATURE STRENGTH	10.15 - 11.00am HATHA YOGA	9.30 - 10.15am SIGNTAURE STRENGTH	10.00 - 10.45am HATHA YOGA	9:30- 10:00am GYM CIRCUITS	10.45 - 11.30am PILATES	9.15 - 10.00am POWER CYCLE
10.00 - 10.45am RESTORATIVE MOBILITY	11.00 - 11.45am RESTORATIVE YOGA	10.15 - 11:00am DANCE FIT	10.45 - 11.30am YIN YOGA	9.30 - 10.15am HATHA YOGA	11.00 - 11.30pm GYM CIRCUITS	9.15 - 10.00am SIGNATURE STRENGTH
10.45 - 11.30am HATHA YOGA	12.00 - 12.45pm BOXFIT	11:00 - 12:00pm SIGNATURE SKULPT	2.30 - 3.30pm MIND & BODY ALIGNMENT	10.30 - 11.30pm YIN YOGA	11.30 - 12.15pm GLOW YOGA	10.15 - 11.15am PILATES
11.45 - 12.30am GLOW YOGA	4.15 - 5.00pm FUNCTIONAL FITNESS	1.00 - 1.30pm BOXFIT	5.30 - 6.15pm BOXFIT	2.30 - 3.30pm MIND & BODY ALIGNMENT	2.15 - 3.00pm FUNCTIONAL FITNESS	11.15 - 12.00pm BOXFIT
4.15 - 5.00pm LEGS, BUMS & TUMS	5.00 - 5.30pm KETTLEBELL	2.15 - 3.15pm MIND & BODY ALIGNMENT	6.15 - 7.00pm SIGNATURE CYCLE	4.00 - 5.00pm GLOW YOGA	3.00 - 3.30pm LEGS, BUMS, TUMS	1.15 - 2.00pm LEGS, BUMS & TUMS
5.15 - 5.45pm CORE CONDITIONING	6.15 - 7.00pm SIGNATURE SKULPT	5.15 - 5.45pm KETTLEBELL	6.15 - 7.00pm SIGNATURE STRENGTH	4:30- 5:00pm GYM CIRCUITS		2.00 - 2.45pm DANCE FIT
5.45 - 6.15pm KETTLEBELL	6.15 - 7.00pm ENDURANCE CYCLE	5.45 - 6.15pm CORE CONDITIONING	7.15 - 8.00pm PILATES	5.00 - 5.45pm YIN YOGA		3.00 - 4.00pm EMBODIED STRENGTH
6.15 - 7.00pm DANCE FIT	7.15 - 7.45pm GYM CIRCUITS	6.00 - 6.45pm POWER CYCLE	7:30- 8:00pm GYM CIRCUITS	5.45 - 6.30pm BOXFIT		4.00 - 5.00pm SUNDAY SPECIAL
6:30 - 7.00pm SUPER CYCLE	7.15 - 8.00pm YIN YOGA	6.15 - 7.00pm SIGNATURE STEP SWEAT				
7.15 - 8.15pm VINYASA YOGA		7.00 - 8.00pm PILATES				
		7.30 - 8.00pm GYM CIRCUITS				
		8.00 - 8.45pm GLOW YOGA				

GYM & CENTRE OPENING TIMES:
MON-THU 6.00AM-9.00PM | FRI 6.00AM-8.00PM | SAT & SUN 7.00AM-6.00PM
CLASS CANCELLATION POLICY IN PLACE, PLEASE FAMILIARISE YOURSELF BEFORE BOOKING
CLASSES ARE SUBJECT TO CHANGE

Class Key: WELLNESS | CYCLE | FITNESS | DANCE FIT | GYM | BOXING