

MADE CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 - 7.00am SKULPT	6.15 - 7.00am STRENGTH & CONDITIONING	6.30 - 7.00am HIIT	6.15 - 7.00am POWER CYCLE	7.00 - 7.45am SKULPT	8.30 - 9.15am DANCE FIT	8.15 - 9.00am STUDIO CIRCUITS
7.00 - 7.45am STRENGTH & CONDITIONING	7.00 - 7.45am POWER CYCLE	7.00 - 7.45am STRENGTH & CONDITIONING	7.15 - 7.45am GYM CIRCUITS	8.00 - 8.45am SUPER CYCLE 30 + STRETCH	9.15 - 10.00am SKULPT	8.30 - 9.00am SUPER CYCLE 30
8.15 - 8.45am X.KETTLEBELL	8.15 - 9.00am STUDIO CIRCUITS	8.00 - 9.00am POWER HOUR YOGA	7.30 - 8.00am MOBILITY YOGA	8.30 - 9.30am POWER HOUR YOGA	10.00 - 10.45am POWER CYCLE	9.00 - 9.45am STRENGTH & CONDITIONING
8.15 - 9.00am POWER CYCLE	9.00 - 9.45am LEGS, BUMS & TUMS	8.30 - 9.00am GYM CIRCUITS	8.15 - 9.00am SKULPT	9.30 - 10.15am GLOW YOGA	10.15 - 10.45am HIIT	9.15 - 10.00am POWER CYCLE
9.00 - 9.30am CORE CONDITIONING	9.45 - 10.30am LIIT	9.15 - 10.00am STUDIO CIRCUITS	9.15 - 10.00am DANCE FIT	1.30 - 2.15pm LEGS, BUMS & TUMS	11.00 - 11.30pm GYM CIRCUITS	10.15 - 11.15am PILATES+
9.30 - 10.30am HATHA YOGA	10.45 - 11.30am HATHA YOGA	9.15 - 10.00am POWER CYCLE	10.00 - 11.00am HATHA YOGA	2.30 - 3.00pm CORE CONDITIONING	11.00 - 11.45am PILATES+	11.30 - 12.00pm GYM CIRCUITS
10.00 - 10.30am GYM CIRCUITS	11.30 - 12.15pm RESTORATIVE YOGA	10.15 - 11.00am SKULPT	11.00 - 11.45am YIN YOGA	3.00 - 3.45pm SKULPT	12.00 - 12.45pm GLOW YOGA	12.45 - 1.15pm HIIT
10.30 - 11.00am MEDITATION	12.45 - 1.30pm HIIT	11.00 - 11.30am CORE CONDITIONING	1.00 - 1.45pm STUDIO CIRCUITS	4.00 - 4.30pm GYM CIRCUITS	2.30 - 3.00pm X.KETTLEBELL	1.15 - 1.45pm CORE CONDITIONING
1.00 - 1.30pm HIIT	4.30 - 5.00pm X.KETTLEBELL	3.00 - 3.45pm HATHA YOGA	1.45 - 2.30pm STRENGTH & CONDITIONING	4.00 - 4.45pm GLOW YOGA	3.00 - 3.30pm CORE CONDITIONING	2.15 - 3.00pm LEGS, BUMS & TUMS
1.30 - 2.15pm GLOW YOGA	5.00 - 5.45pm STUDIO CIRCUITS	5.30 - 6.00pm SUPER CYCLE 30	4.30 - 5.30pm VINYASA YOGA	4.45 - 5.30pm YIN & NIDRA YOGA		3.00 - 4.00pm YIN YOGA
1.45 - 2.15pm CORE CONDITIONING	5.45 - 6.30pm SKULPT	6.15 - 7.00pm SKULPT	5.30 - 6.15pm YOGALATES	5.45 - 6.15pm SUPER CYCLE 30		4.00 - 4.45pm RESTORATIVE YOGA
4.30 - 5.00pm SUPER CYCLE 30	6.00 - 6.30pm GYM CIRCUITS	7.00 - 8.00pm PILATES+	6.00 - 6.45pm POWER CYCLE	2.00 - 2.30pm X.KETTLEBELL		
5.15 - 6.00pm STRENGTH & CONDITIONING	6.45 - 7.30pm POWER CYCLE	8.00 - 8.45pm GLOW YOGA BY CANDLELIGHT	6.15 - 7.00pm SKULPT			
6.00 - 6.45pm STUDIO CIRCUITS	6.45 - 7.30pm BOXING		7.00 - 8.00pm PILATES+			
	7.00 - 7.30pm GYM CIRCUITS		7.15 - 7.45pm GYM CIRCUITS			
	7.45 - 8.45pm YIN YOGA BY CANDLELIGHT		8.00 - 8.45pm STRENGTH & CONDITIONING			

CLASS KEY

	YOGA & PILATES		CYCLE
	CIRCUITS		HIGH INTENSITY

GYM & CENTRE OPENING TIMES:

MON-THU 6:15AM-9:00PM | FRI 6:15AM-7PM | SAT & SUN 8:00AM-5:00PM

CLASS CANCELLATION POLICY IN PLACE, PLEASE FAMILIARISE YOURSELF BEFORE BOOKING.