

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 SKULPT	6.15 - 6.45am HIIT	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 HIIT	7.00 - 7.45am SKULPT	9.15 - 9.45am SUPER CYCLE 30	8.30 - 9.00am SUPER CYCLE 30
8.15 - 9.00am POWER CYCLE	7.30 - 8.00am SKULPT	8.00 - 9.00am POWER HOUR YOGA	7.45 - 8.15am CORE CONDITIONING	7.45 - 8.30am BOOTCAMP	9.15 - 10.00am SKULPT	9.15 - 10.00am STRENGTH & CONDITIONING
8.30 - 9.00am X.KETTLEBELLS	8.15 - 9.00am STUDIO CIRCUITS	8.30 - 9.00am GYM CIRCUITS	8.30 - 9.15am SKULPT	8.00 - 8.45am CYCLE & STRETCH	10.00 - 10.45am POWER CYCLE	9.15 - 10.00am POWER CYCLE
9.00 - 9.30am CORE CONDITIONING	9.00 - 9.45am LEGS, BUMS & TUMS	9.15 - 10.00am STUDIO CIRCUITS	9.15 - 9.45am LEGS, BUMS & TUMS	8.30 - 9.30am POWER HOUR YOGA	10.15 - 10.45am HIIT	10.15 - 11.15am PILATES
9.30 - 10.30am HATHA YOGA	9.45 - 10.30am LIIT	10.15 - 11.00am SKULPT	10.00 - 11.00am HATHA YOGA	8.45 - 9.15am GYM CIRCUITS	11.00 - 11.30am GYM CIRCUITS	11.30 - 12.00pm GYM CIRCUITS
10.00 - 10.30am GYM CIRCUITS	10.45 - 11.30am HATHA YOGA	11.00 - 11.30am GYM CIRCUITS	11.00 - 11.45am YIN YOGA	9.30 - 10.15am GLOW YOGA	11.00 - 11.45am PILATES	12.45 - 1.15pm HIIT
10.30 - 11.00am MEDITATION	11.30 - 12.15pm RESTORATIVE YOGA	11.00 - 12.00pm PILATES	1.15 - 1.45pm STUDIO CIRCUITS	2.30 - 3.00pm CORE CONDITIONING	11.45 - 12.30pm GLOW YOGA	1.15 - 1.45pm CORE CONDITIONING
12.00 - 12.45pm GLOW YOGA	12.45 - 1.15pm HIIT	1.45 - 2.15pm X. KETTLEBELLS	1.45 - 2.30pm STRENGTH & CONDITIONING	3.00 - 3.45pm SKULPT	2.30 - 3.00pm X. KETTLEBELLS	2.00 - 2.45pm LEGS, BUMS & TUMS
1.00 - 1.30pm GYM CIRCUITS	4.30 - 5.00pm X. KETTLEBELLS	3.00 - 3.45pm HATHA YOGA	4.30 - 5.30pm VINYASA YOGA	4.00 - 4.30pm GYM CIRCUITS	3.00 - 3.30pm CORE CONDITIONING	3.00 - 4.00pm YIN YOGA
1.45 - 2.15pm CORE CONDITIONING	5.00 - 5.30pm STUDIO CIRCUITS	5.30 - 6.00pm SUPER CYCLE 30	5.30 - 6.15pm YOGA SKULPT	4.00 - 5.00pm GLOW YOGA		4.00 - 4.45pm RESTORATIVE YOGA
4.30 - 5.00pm HIIT	6.00 - 6.45pm SKULPT	6.15 - 7.00pm SKULPT	6.00 - 6.45pm POWER CYCLE	5.00 - 5.45pm YIN YOGA		
5.15 - 6.00pm STRENGTH & CONDITIONING	6.45 - 7.30pm POWER CYCLE	7.00 - 8.00pm PILATES	6.15 - 7.00pm BOOTCAMP	6.00 - 6.30pm LEGS, BUMS AND TUMS		
6.15 - 7.00pm DANCE FIT	7.00 - 7.45pm STUDIO CIRCUITS	8.00 - 8.45pm GLOW YOGA	7.00 - 8.00pm PILATES	6.30 - 7.00pm X. KETTLEBELLS		
6.15 - 7.00pm POWER CYCLE	7.45 - 8.45pm YIN YOGA		7.15 - 7.45pm GYM CIRCUITS			
7.00 - 7.45pm BOXING			8.00 - 8.30pm HIIT			

Class Key

- YOGA & PILATES**
- CIRCUITS**
- CYCLE**
- 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.
 TIMETABLE LIVE FROM 4TH MARCH ONWARDS