

GROUP EXERCISE

EFFECTIVE MONDAY 13 JULY 2026

CYCLE: STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am		Cycle Beats		Cycle Beats			
8am					Cycle Beats (express)	Cycle Beats	
9am							Cycle Beats
5.30pm		Cycle Beats		Cycle Beats			
6pm	Power Cycle						

AEROBICS: STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Loaded*	Pilates	Loaded	Metafit (express)	Punch*		
7.30am	Flexibility	Metafit (express)	Flexibility	Loaded	Flexibility		
8am							Yoga*
8.30am						Loaded	
9.30am	Zumba	Tone & Core		Loaded	Body Dynamics	Activ	
10am							Loaded
10.30am	Flexibility	Yoga	Flexibility	Flexibility	Aero Mix	Box Fit	
11.30am						Zumba	
12.30pm	Pilates		Zumba		Loaded		
4.30pm		Pilates					Loaded
5.30pm	Loaded	Yoga	Loaded	Abs & Rockbottom*			Body Dynamics
6.30pm	Karate	Zumba	Karate	Zumba			

CIRCUIT: STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am			Circuit				
8.30am	CrossBody	Active Living	CrossBody	Active Living	Active Living		
9.30am		Active Living	Active Living		Active Living	HIIT	
11.00am	Active Living		Active Living		Active Living		
11.30am							
12.30pm		Circuit		Circuit			
2pm	Active Plus*		Active Plus*		Active Plus*		

Cardio
 Weights
 Mind & Body
 Toning
 Medical approval required

Most classes are 45 minutes. Express class is 30 minutes.

*Class is 55 minutes. Classes are subject to change.

For safety reasons, you will not be able to enter class 5 minutes after start time. Let the instructor know if you are injured or have any medical conditions that we need to be aware of.

**BOOK YOUR CLASS
UP TO 48 HOURS AHEAD**

