

GROUP FITNESS TIMETABLE

WINTER 2026



SPORT & FITNESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.45am	Cycle 45 (Mezz)		Cycle 45 (Mezz)		Cycle 45 (Mezz)		
7.45am	Mat Pilates 45 (GF)				Mat Pilates 45 (GF)	8:00am Body Pump 50 (GF)	
12.10pm						9:00am Yoga 45 (GF)	
12.10pm	Mat Pilates 45 (GF)	Body Pump 45 (GF)	Les Mills Core 45 (GF)	Yoga 45 (GF)	Body Pump 30 (GF)		11:00am Yoga 60 (GF)
12.15pm	HIIT 30 (Level 2)		HIIT 30 (Level 2)			BUNKER STRENGTH & CONDITIONING STRENGTH, CONDITIONING AND HYBRID 60 MIN GROUP CLASSES 6:30AM MON-FRI 5:30PM MON-THURS *AVAILABLE ON SILVER/GOLD MEMBERSHIPS ONLY BOOK CLASSES ONLINE 	
12.45pm					Les Mills Core Xpress 30 (GF)		
1:00pm		Yoga 45 (GF)		Women & Weights 45 (Level 2)			
4:45pm	Women & Weights 45 (Level 2)						
5.00pm			Cycle Xpress 30 (Mezz)	HIIT 30 (Level 2)			
5.15pm	Body Attack 60 (GF)		Body Attack 45 (GF)	Body Pump 60 (GF)			
5.15pm		Fit Forever 45 (Level 2)		Fit Forever 45 (Level 2)			
5.30pm	Women & Weights 45 (Level 2)		Women & Weights 45 (Level 2)	Punch Pad 30 (Level 2)	Yoga 45 (GF)		
6:00pm			Body Pump 60 (GF)				
6.15pm	Body Pump 45 (GF)	Mat Pilates 45 (GF)		Yoga 50 (GF)			
6:30pm		Cycle 45 (Mezz)			Zumba 45 (GF)		
7.00pm			Zumba 45 (GF)				

GF = Group Fitness studio | Mezz = Mezzanine level | Level 2 = Cardio or Women's gym |
| 30*45*60 = Duration of class in minutes |