

# GROUP EXERCISE TIMETABLE STUDIO ONE & CYCLE STUDIO

TIMETABLE UPDATED 19<sup>th</sup> January 2026

|         | MONDAY                                                                                            |                     | TUESDAY                                        |                    | WEDNESDAY                 |                    | THURSDAY                                                                                             |  | FRIDAY                |                     | SATURDAY                              |                     | SUNDAY                               |  |
|---------|---------------------------------------------------------------------------------------------------|---------------------|------------------------------------------------|--------------------|---------------------------|--------------------|------------------------------------------------------------------------------------------------------|--|-----------------------|---------------------|---------------------------------------|---------------------|--------------------------------------|--|
| 5:00AM  |                                                                                                   |                     | HIIT<br>45<br>Lilly                            |                    |                           |                    |                                                                                                      |  |                       |                     |                                       |                     |                                      |  |
| 6:00AM  | YOGA<br>60<br>Hannah                                                                              | SPIN<br>45<br>Rowie | Kettle<br>bell<br>45<br>Janne                  | Spin<br>45<br>Kate | HIIT<br>45<br>Jono        |                    | LES MILLS<br>BODYPUMP<br>45<br>Rowie                                                                 |  | HIIT<br>60<br>Cory    | SPIN<br>45<br>Rowie | Super<br>Saturday<br>60               |                     |                                      |  |
| 7:30AM  |                                                                                                   |                     | YOGA<br>60<br>Fiona                            |                    |                           |                    | YOGA<br>60<br>Fiona                                                                                  |  |                       |                     |                                       |                     |                                      |  |
| 8:00AM  |                                                                                                   |                     |                                                |                    |                           |                    |                                                                                                      |  |                       |                     | LES MILLS<br>BODYPUMP<br>60<br>Rakapa |                     |                                      |  |
| 9:00AM  |                                                                                                   |                     |                                                |                    |                           |                    | YOGA<br>60<br>Fiona                                                                                  |  | PILATES<br>60<br>Abby |                     |                                       |                     | LES MILLS<br>BODYPUMP<br>60<br>Rowie |  |
| 9:15AM  |                                                                                                   |                     |                                                |                    |                           |                    |                                                                                                      |  |                       |                     | HIIT<br>60<br>Jono                    | SPIN<br>45<br>Rowie |                                      |  |
| 10:15AM |                                                                                                   |                     |                                                |                    |                           |                    |                                                                                                      |  |                       |                     |                                       |                     | SPIN<br>45<br>Rowie                  |  |
| 10:30AM |                                                                                                   |                     |                                                |                    |                           |                    | STUDIO ONE<br>UNAVAILABLE<br>10:30AM-<br>11:30PM                                                     |  |                       |                     | YOGA<br>60<br>Rico                    |                     |                                      |  |
| 12:30PM |                                                                                                   |                     |                                                |                    | YOGA<br>60<br>Fiona       |                    |                                                                                                      |  |                       |                     |                                       |                     |                                      |  |
| 2:00PM  |                                                                                                   |                     |                                                |                    |                           |                    |                                                                                                      |  |                       |                     |                                       |                     | YOGA<br>60<br>Hannah                 |  |
| 4:30PM  | YOGA<br>45<br>Hannah                                                                              |                     |                                                |                    |                           |                    |                                                                                                      |  |                       |                     |                                       |                     |                                      |  |
| 5:30PM  | LES MILLS<br>BODYPUMP<br>60<br>Rawina                                                             | SPIN<br>45<br>Jono  | Kongo<br>60<br>Amanda                          | SPIN<br>45<br>Jono | PILATE<br>S<br>60<br>Abby | SPIN<br>45<br>Cory | BOX HIIT<br>60<br>Cory                                                                               |  |                       |                     |                                       |                     |                                      |  |
| 6:45PM  | <br>60<br>Kivo |                     | STUDIO ONE<br>UNAVAILABLE<br>6:45PM-<br>7:45PM |                    |                           |                    | <br>60<br>Jessika |  |                       |                     |                                       |                     |                                      |  |