

GROUP EXERCISE TIMETABLE

STUDIO ONE & CYCLE STUDIO

TIMETABLE UPDATED 8TH OCTOBER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
6:00AM	YOGA 60 Hannah	SPIN 45 Rowie	Kettle bell 45 Janne	SPIN 45 Kate	HIIT 45 Jono	LES MILLS BODYPUMP 45 Rowie	HIIT 60 Cory	SPIN 45 Rowie		Red Classes Are At Risk Of Being Removed
7:30AM		YOGA 60 Fiona		YOGA 60 Fiona						
8:00AM						LES MILLS BODYPUMP 60 Rakapa				
9:00AM				YOGA 60 Fiona	PILATES 60 Abby		LES MILLS BODYPUMP 60 Rowie			
9:15AM						HIIT 60 Jono	SPIN 45 Rowie			
10:15AM								SPIN 45 Rowie		
10:30AM				STUDIO ONE UNAVAILABLE 10:30AM- 11:30PM		YOGA 60 Rico				
12:30PM			YOGA 60 Fiona							
2:30pm								YOGA 45 Hannah		
4:30PM	YOGA 45 Hannah									
5:30PM	LES MILLS BODYPUMP 60 Rawina	SPIN 45 Jono	Kongo 60 Amanda	SPIN 45 Jono	PILATES 60 Abby	SPIN 45 Cory	BOX HIIT 60 Cory			
6:45PM	ZUMBA gold 45 Kiyoo	STUDIO ONE UNAVAILABLE 6:45PM- 7:45PM			ZUMBA 60 Jessika					

Due to instructor availability, classes & instructors may be replaced or cancelled at short notice.
We apologise for any inconvenience.

RED CLASSES ARE AT RISK OF BEING REMOVED