











Group Fitness Timetable



Studio 1

Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am	RPM 	CORE 	RPM 	BODYSTEP 	BODYBALANCE 		
7:30am						CORE 	
8:30am						RPM 	
9:30am	CIRCUIT	HIIT 	CIRCUIT	BOOTCAMP	STRENGTH & CONDITIONING		BODYSTEP
4:30pm				BOXING			
5:30pm	CORE 	ZUMBA	BODYBALANCE	ZUMBA			
6:10pm	BODYBALANCE 						






































Studio 2

Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
4:30pm	BOOTCAMP 	HIIT					
5:30pm	BOOTCAMP 	HIIT					

Virtual Classes

ALL VIRTUAL CLASSES ARE HELD
IN STUDIO 1

	MON	TUES	WED	THURS	FRI	SAT	SUN	
4:15am	BODYPUMP 	RPM 	BODYPUMP 	BODYCOMBAT 	BODYPUMP 			
4:45am		BODYPUMP 		BODYPUMP 		ONDEMAND	ONDEMAND	
5:00am	BODYPUMP 		CORE 		RPM 			
5:45am	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	BODYPUMP 		
6:30am						BODYCOMBAT 	BODYPUMP	
6:45am	CORE 	BODYCOMBAT 	CORE 	BODYPUMP 	ONDEMAND			
7:30am	BODYPUMP 	BODYBALANCE 	CORE 	CORE 	BODYCOMBAT 	LIVE CLASSES	RPM	
8:30am	BODYCOMBAT 	CORE 	SH'BAM 	BODYBALANCE 	ONDEMAND 	LIVE CLASSES	ONDEMAND	
9:30am	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	BODYBALANCE	LIVE CLASSES	
10:40am	CORE 	BODYBALANCE	BODYPUMP	BODYPUMP	CORE 			
11:30am	BODYBALANCE 				SH'BAM 	ONDEMAND	ONDEMAND	
12:15pm	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND			
2:00pm						RPM		
3:00pm						BODYBALANCE	BODYBALANCE	
3:30pm	BODYPUMP 	BODYBALANCE	SH'BAM 	BODYPUMP 	BODYCOMBAT 			
4:15pm			BODYPUMP		BODYPUMP	BODYPUMP 	RPM	
4:30pm	RPM	CORE 		LIVE CLASSES				
5:30pm	ONDEMAND	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	CORE 	BODYCOMBAT	BODYPUMP
7:00pm	BODYPUMP	BODYBALANCE	ONDEMAND	ONDEMAND	BODYPUMP	BODYPUMP	ONDEMAND	

Reminder: bring a towel & water bottle. Sanitize your equipment before & after use



45 min class

Virtual On Demand to commence from 8pm-4am daily and 12-2pm Monday-Friday, 12-3pm & 6pm onwards on Sundays.

Virtual classes can be selected On Demand throughout these times without



30 min class

Last updated Jun '24