











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 	BODYPUMP 	BODYCOMBAT 	BODYPUMP 	ONDEMAND		
7:30am		BODYCOMBAT	BODYBALANCE 	CORE 	BODYCOMBAT 	LIVE CLASSES	RPM
8:00am			BODYCOMBAT 	BODYBALANCE		LIVE CLASSES	
8:30am	BODYCOMBAT	CORE 	SH'BAM			LIVE CLASSES	
9:30am						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	SH'BAM	RPM	BODYCOMBAT	BODYPUMP	BODYCOMBAT	RPM	
3:00pm	BODYPUMP 	SH'BAM	BODYBALANCE	BODYCOMBAT	BODYPUMP	BODYBALANCE	BODYBALANCE
4:00pm	RPM	CORE 	BODYPUMP	RPM 	BODYPUMP	BODYPUMP 	RPM
4:45pm		RPM 					
5:00pm	ONDEMAND	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	ONDEMAND	BODYBALANCE
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 Feb '24