TIMETABLE- JAN '25

MONDAY

- 06:45-7:30 AM **LIFT** STUDIO 1 CSENGE
- 7:35 - 8:15 AM **CIRCUITS** STUDIO 1 CSENGE
- 12:00-12:45PM **YOGA** STUDIO 1 SUSIE
- 12:10-12:40PM **RIDE** SPIN STUDIO ADAM
- 12:50-13:30 PM **CONDITIONING** STUDIO 1 ADAM
- 13:35-14:15PM **PILATES** STUDIO 1 ADAM
- 18:00-18:45PM **RIDE** SPIN STUDIO WAI ★
- 18:00-18:45PM **CIRCUITS** STUDIO 1 TIFFANY
- 18:50-19:40PM **ASHTANGA YOGA** STUDIO 1 TIFFANY
- 19:45-20:35PM **YIN YOGA** STUDIO 1 TIFFANY

TUESDAY

- 06:40-07:10AM **RIDE** SPIN STUDIO AMY
- 07:15-08:00AM **LIFT** STUDIO 1 AMY
- 10:00-10:50 AM **YOGA** STUDIO 1 FINOLA
- 12:05-12:45PM **CIRCUITS** STUDIO 1 SARAH
- 12:10-12:40PM **RIDE** SPIN STUDIO PAUL
- 12:50-13:20PM **STRETCH&CORE** STUDIO 1 SARAH
- 17:45-18:45PM **YOGA** STUDIO 1 HALI
- 18:10-18:45PM **RIDE**-SPIN STUDIO DONNA
- 18:50-19:30PM **LIFT** STUDIO 1 DONNA
- 19:35-20:30PM **YOGA** STUDIO 1 HALI

WEDNESDAY

- 06:40-07:20AM **CONDITIONING** STUDIO 1 WAI ★
- 07:25-08:10AM **RIDE** SPIN STUDIO WAI ★
- 07:30-08:30AM **SUNRISE YOGA** STUDIO 1 HANNAH
- 12:10-12:40PM **RIDE** SPIN STUDIO PAUL
- 12:05-12:50PM **CONDITIONING** (LOW IMPACT) SALLY ★
- 13:00-13:50PM **YOGA** STUDIO 1 CORRINE ★
- 17:40-18:25PM **LIFT** STUDIO 1 CARLY ★
- 18:30-19:15PM **RIDE** SPIN STUDIO CARLY ★
- 19:25-20:15PM **BARRE** STUDIO 1 CARLY ★

THURSDAY

- 06:45-07:15AM **RIDE** SPIN STUDIO ADAM
- 07:20-07:50AM **CORE** STUDIO 1 ADAM
- 12:00-12:40PM **YOGA** STUDIO 1 NICOLA
- 12:10-12:40PM **RIDE** SPIN STUDIO LIV ★
- 12:45-13:30PM **CONDITIONING** STUDIO 1 LIV
- 17:30-18:15PM **MEDITATION** STUDIO 1 SUSIE ★
- 18:20-18:55PM **ZUMBA** STUDIO 1 MONICA ★
- 19:00-19:40PM **STRONG NATION** STUDIO 1 MONICA ★
- 19:45-20:45PM **POWER YOGA** STUDIO 1 HANNAH ★

FRIDAY

- 06:45-07:30AM **CONDITIONING** STUDIO 1 ADAM
- 07:35-08:05AM **FITNESS PILATES** STUDIO 1 ADAM
- 12:10-12:45PM **RIDE** SPIN STUDIO ADAM
- 12:10-12:45PM **CIRCUITS** STUDIO 1 ELISA
- 12:50-13:20AM **FITNESS PILATES** STUDIO 1 ADAM

SATURDAY

- 08:30-09:25AM **CIRCUITS** STUDIO 1 JOSH
- 9:30-10:25AM **PILATES** STUDIO 1 ELISA
- 10:30-11:30AM **YOGA** STUDIO 1 ELISA

SUNDAY

- 10:00-11:00AM **YOGALATES** STUDIO 1 KIT ★
- 11:00-12:00AM **PILATES** STUDIO 1 KIT ★

★ NEW CLASS/TRAINER OR TIME

HIGH ENERGY

SPIN/ CYCLE

HOLISTIC

HARBOURSIDE