

TIMETABLE



= Creche available

Printable version - please note virtual classes can change without notice

from 5th January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am				CORE 30min Studio 1 VIRTUAL		
6.00am	COMBAT 30min VIRTUAL Strength Development 45min Instructor: Steph	RPM 55min Instructor: Tash PUMP 60min VIRTUAL	PUMP 60min Instructor: Steph	RPM 55min Instructor: Tash PUMP 60min VIRTUAL		
6.30am	CORE 30min VIRTUAL					
8.30am					PUMP 60min Instructor: Brad	PUMP 30min VIRTUAL
9.00am						SPRINT 30min Instructor: Kassie
9.30am	PUMP 60min Instructor: Brad	SPRINT 30min Instructor: Stuart	GROUP PT 45min Instructor: Emma	COMBAT 60min Instructor: Brad	STEP 60min Instructor: Dani	RPM 55min Instructor: Shane COMBAT 45min Instructor: Josh
10.00am		CORE 30min Instructor: Emma				BALANCE 45min Instructor: Emma
10.30am	STRETCH 30min Instructor: Tanya			STRETCH 30min Instructor: Brad		
11.00am		PUMP 60min VIRTUAL			PUMP 60min VIRTUAL	
12.00pm	PUMP 60min VIRTUAL					PUMP 60min VIRTUAL
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1.00pm	CORE 30min VIRTUAL			BALANCE 60min VIRTUAL		CORE 30min Studio 1 VIRTUAL
2.00pm					PUMP 60min VIRTUAL	
3.00pm	CORE 30min VIRTUAL					
5.00pm		PUMP 45min VIRTUAL				
5.15pm	PILATES 45min Instructor: Shane					
5.30pm	RPM 55min Instructor: Shane				PUMP 30min Instructor: Lisa-Marie	
5.45pm		COMBAT 45min Instructor: Nikki	PUMP 45min Instructor: Lisa-Marie	GROUP PT 30min Instructor: Laura		
6.00pm	ATTACK 45min Instructor: Dani	RPM 55min Instructor: Shane			CORE 30min Instructor: Lisa-Marie SPRINT 30min Instructor: Josh	
6.30pm	SPRINT 30min Instructor: Kassie	GRIT 30min Instructor: Josh	SPRINT 30min Instructor: Lisa-Marie	BALANCE 60min Instructor: Tanya	JAM 60min Instructor: Dani	
6.45pm	JAM 60min Instructor: Dani		COMBAT 60min VIRTUAL			
8.00pm	PUMP 60min VIRTUAL					