

TIMETABLE



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****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 <i>VIRTUAL</i>		
6.00am	COMBAT 30min <i>VIRTUAL</i>	Strength Development 45min Instructor: Steph	RPM 55min Instructor: Tash PUMP 60min <i>VIRTUAL</i>	PUMP 60min Instructor: Steph	RPM 55min Instructor: Tash PUMP 60min <i>VIRTUAL</i>		
6.30am	CORE 30min <i>VIRTUAL</i>						
8.30am						PUMP 60min Instructor: Brad	PUMP 30min <i>VIRTUAL</i>
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	CORE 30min Instructor: Emma
10.00am		CORE 30min Instructor: Emma					BALANCE 45min Instructor: Emma
10.30am	STRETCH 30min Instructor: Tanya			STRETCH 30min Instructor: Brad			
11.00am		PUMP 60min <i>VIRTUAL</i>			PUMP 60min <i>VIRTUAL</i>		
12.00pm	PUMP 60min <i>VIRTUAL</i>						PUMP 60min <i>VIRTUAL</i>
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1.00pm	CORE 30min <i>VIRTUAL</i>			BALANCE 60min <i>VIRTUAL</i>			CORE 30min Studio 1 <i>VIRTUAL</i>
2.00pm					PUMP 60min <i>VIRTUAL</i>		
3.00pm	CORE 30min <i>VIRTUAL</i>						
5.00pm		PUMP 45min <i>VIRTUAL</i>					
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 <i>VIRTUAL</i>				
8.00pm	PUMP 60min <i>VIRTUAL</i>						