



For all enquiries please call **4230 7500**  
*Timetable correct as of 27 March 2026*

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

<p><b>Spin</b>            6:00-6:30 AM   30 Mins            Instructor: Hope</p>	<p><b>Smash</b>            6:00-6:40 AM   40 Mins            Instructor: Hope</p>	<p><b>Spin</b>            6:00-6:30 AM   30 Mins            Instructor: Hope</p>	<p><b>Functional Strength</b>            6:00-6:40 PM   40 Mins            Instructor: Solomon</p>	<p><b>Spin</b>            6:00-6:30 AM   30 Mins            Instructor: Natalie</p>	<p><b>Smash</b>            7:15-7:55 AM   40 Mins            Instructor: Janaya/Mitch</p>	<p><b>Yoga</b>            6:00-7:00 AM   60 Mins            Instructor: Jodie</p>
<p><b>Hybrid</b>            6:00-6:30 AM   30 Mins            Instructor: Shane</p>	<p><b>Ice Bath</b>            6:30-7:00 AM   30 Mins            Instructor: Shane</p>	<p><b>Hybrid</b>            6:00-6:30 AM   30 Mins            Instructor: Solomon</p>	<p><b>Ice Bath</b>            6:30-7:00 AM   30 Mins            Instructor: Shane</p>	<p><b>Functional Strength</b>            9:15-9:55 AM   40 Mins            Instructor: Shane</p>	<p><b>Yoga</b>            8:15-9:15 AM   60 Mins            Instructor: Jodie</p>	
<p><b>Hybrid</b>            9:15-9:45 AM   30 Mins            Instructor: Solomon</p>	<p><b>Ice Bath and Breathwork</b>            6:45-7:30 AM   45 Mins            Instructor: Jemma</p>	<p><b>Boxing</b>            6:45-7:30 AM   30 Mins            Instructor: Solomon</p>	<p><b>Ice Bath and Breathwork</b>            6:45-7:30 AM   45 Mins            Instructor: Jemma</p>	<p><b>Smash</b>            12:15-12:45 PM   30 Mins            Instructor: Shane</p>		
<p><b>Hybrid</b>            12:15-12:45 PM   30 Mins            Instructor: Jordan</p>	<p><b>Spin</b>            9:15-9:45 AM   30 Mins            Instructor: Natalie</p>	<p><b>Hybrid</b>            9:15-9:45 AM   30 Mins            Instructor: Shane</p>	<p><b>Smash</b>            9:15-9:55 PM   40 Mins            Instructor: Jordan</p>			
<p><b>Boxing</b>            5:30-6:00 PM   30 Mins            Instructor: Tom</p>	<p><b>Yoga</b>            12:15-1:15 PM   60 Mins            Instructor: Jodie</p>	<p><b>Hybrid</b>            12:15-12:45 PM   30 Mins            Instructor: Shane</p>	<p><b>Functional Strength</b>            12:15-12:55 PM   40 Mins            Instructor: Shane</p>			
	<p><b>Functional Strength</b>            5:30-6:15 PM   45 Mins            Instructor: Janaya</p>	<p><b>Boxing</b>            5:30-6:00 PM   30 Mins            Instructor: Tom</p>	<p><b>Smash</b>            5:30-6:10 PM   40 Mins            Instructor: Janaya</p>			
			<p><b>Yoga</b>            7:00-8:00 PM   60 Mins            Instructor: Jodie</p>			