



For all enquiries please call **4230 7500**
Timetable correct as of 02 April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin 6:00-6:30 AM 30 Mins Instructor: Hope	Smash 6:00-6:40 AM 40 Mins Instructor: Hope	Spin 6:00-6:30 AM 30 Mins Instructor: Hope	Functional Strength 6:00-6:40 PM 40 Mins Instructor: Solomon	Spin 6:00-6:30 AM 30 Mins Instructor: Natalie	Smash 7:15-7:55 AM 40 Mins Instructor: WildCard PT
Functional Strength 9:15-9:55 AM 40 Mins Instructor: Solomon	Ice Bath 6:30-7:00 AM 30 Mins Instructor: Summer	Boxing & Core 7:15-7:45 AM 30 Mins Instructor: James	Ice Bath 6:30-7:00 AM 30 Mins Instructor: Summer	Smash 9:15-9:55 AM 40 Mins Instructor: James	Yoga 8:15-9:15 AM 60 Mins Instructor: Jodie
Pilates 11:00-11:45 AM 45 Mins Instructor: Rowena	Ice Bath and Breathwork 6:45-7:30 AM 45 Mins Instructor: Jemma	Functional Strength 9:15-9:55 AM 40 Mins Instructor: Solomon	Ice Bath and Breathwork 6:45-7:30 AM 45 Mins Instructor: Jemma	Pilates 11:00-11:45 AM 45 Mins Instructor: Rowena	
Smash 12:15-12:55 PM 40 Mins Instructor: James	Spin 9:15-9:45 AM 30 Mins Instructor: Natalie	Functional Strength 12:15-12:45 PM 30 Mins Instructor: James	Spin 8:45-9:15 AM 30 Mins Instructor: Natalie	Smash 12:15-12:45 PM 30 Mins Instructor: James	
Boxing & Core 5:30-6:00 PM 30 Mins Instructor: Tom	Yoga 12:15-1:15 PM 60 Mins Instructor: Liama	Boxing & Core 5:30-6:00 PM 30 Mins Instructor: Tom	Yoga 9:30-10:30 AM 60 Mins Instructor: Jodie		
	Smash 5:30-6:10 PM 40 Mins Instructor: Nikki		Smash 12:15-12:55 PM 40 Mins Instructor: James		
			Functional Strength 5:30-6:10 PM 40 Mins Instructor: James		

Sunday Yoga: 6:00 - 7:00pm with Jodie