<table>
<thead>
<tr>
<th>Studio</th>
<th>Time</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>Studio</th>
<th>Time</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic Studio</td>
<td>6.30am</td>
<td>Virtual HIIT 30min</td>
<td>Virtual Yogalates 30min</td>
<td>Virtual Core 30min</td>
<td>Virtual Total Body 30min</td>
<td>Virtual Yoga 30min</td>
<td>Aerobic Studio</td>
<td>8.30</td>
<td>PUMP</td>
<td>Virtual Total Body 30min</td>
</tr>
<tr>
<td>Aerobic Studio</td>
<td>7.20am</td>
<td>Virtual Yoga 30min</td>
<td>TOTAL BODY Matt, 45min</td>
<td>SPIN Matt, 45min</td>
<td>PUMP Matt, 45min</td>
<td>SPIN Matt, 45min</td>
<td>Aerobic Studio</td>
<td>9.30</td>
<td>ZUMBA</td>
<td>YOGA-LATES 30min</td>
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<tr>
<td>Aerobic Studio</td>
<td>9.05am</td>
<td>Virtual Total Body 30min</td>
<td>Virtual Stretch 30min</td>
<td>Virtual Core 30min</td>
<td>Virtual Yoga 30min</td>
<td>Virtual Kickbox 30min</td>
<td>Aerobic Studio</td>
<td>10.30</td>
<td>Virtual Yoga 30min</td>
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<td></td>
<td>12.05</td>
<td>PUMP Matt, 45min</td>
<td>YOGA Emmy, 50min</td>
<td>POWER PILATES Kaya, 45min</td>
<td>HIIT Mak, 45min</td>
<td>PUMP Eta, 55min</td>
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<tr>
<td>Aerobic Studio</td>
<td>1.05</td>
<td>YOGA Marcel, 50min</td>
<td>PUMP Kristy, 45min</td>
<td>HIIT Kaya, 45min</td>
<td>PILATES Ingrid, 45min</td>
<td>YOGA James, 55min</td>
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<tr>
<td>Aerobic Studio</td>
<td>3.15</td>
<td>Virtual Barre 30min</td>
<td>Virtual HIIT 30min</td>
<td>Virtual Yoga 30min</td>
<td>Virtual Core 30min</td>
<td>Virtual Total Body 30min</td>
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<tr>
<td>Aerobic Studio</td>
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<td>Virtual HIIT 30min</td>
<td>Virtual Yogalates 30min</td>
<td>Virtual Total Body 30min</td>
<td>Virtual Stretch 30min</td>
<td>Virtual Yoga 30min</td>
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<tr>
<td>Varies</td>
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<td>ZUMBA Shawn, 55min</td>
<td>ZUMBA Alonso, 55min</td>
<td>ZUMBA Alfonso, 55min</td>
<td>BARRE FIT Liza, 45min</td>
<td>BARRE FIT Liza, 45min</td>
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<td>Aerobic Studio</td>
<td>5.20</td>
<td>PUMP Betzhu, 55min</td>
<td>RETRO DANCE FIT Lisa, 45min</td>
<td>HIIT Liza, 45min</td>
<td>PUMP Lisa, 55min</td>
<td>X-FIT Liza, 45min</td>
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<tr>
<td>Spin Studio</td>
<td>5.30</td>
<td>SPIN Cathie, 45min</td>
<td>SPIN Mike, 45min</td>
<td>SPIN Kaisa, 45min</td>
<td>SPIN Kait, 45min</td>
<td>SPIN Casti, 45min</td>
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<tr>
<td>Aerobic Studio</td>
<td>6.30pm</td>
<td>YOGA Michael, 55min</td>
<td>TOTAL BODY Senix, 45min</td>
<td>KICKBOX RE, 45min</td>
<td>POWER YOGA Dana, 55min</td>
<td>Virtual Core 30min</td>
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</tbody>
</table>

Key: Intensity Level
- Low
- Medium
- High
- All-Inclusive

Classes FREE with standard membership.
No bookings needed, just turn up, introduce yourself to our class instructor and have fun!

Fitness On Demand, virtual fitness classes, over 100 classes to choose from. Available for personal use outside of scheduled classes, see reception for first time use.