

	MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY					SATURDAY					SUNDAY										
	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 - H2O	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 - H2O	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 - H2O	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 - H2O	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 - H2O	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 - H2O											
MORNING																																									
		Barbell 6.00am	Cycle 6.00am	Yoga Warm 6.00am	WOD 6.00am		Barbell 6.00am	Group Ride 6.00am	Yoga Warm 6.00am	WOD 6.00am		Body Pump 6.00am	Cycle 6.00am		WOD 6.00am		Barbell 6.00am	Sprint 6.00am	Yoga Warm 6.00am	WOD 6.00am		Body Pump 6.00am		Yoga Warm 6.00am	WOD 6.00am					Yoga Warm 6.00am											
			Yoga Warm 7.00am											Yoga 7.00am					Yoga Warm 7.00am					Yoga YIN 7.00am			Barbell 7.00am		Yoga Warm 7.00am	WOD 7.00am				Yoga Warm 7.00am	WOD 7.00am						
		Actives 8.30am		Pilates Gentle 8.30am	Young @ Heart 8.30am		Actives 8.30am		Body Balance 8.30am	Young @ Heart 8.30am		Actives 8.30am		Pilates 8.30am					Yoga Gentle 8.30am	Young @ Heart 8.30am		Actives 8.30am		Barre Gentle 8.30am			Barbell 8.30am		Barre 8.30am					Yoga Warm 8.00am							
		Body Pump 9.30am	RPM 9.30am	Yoga 9.30am	WOD 9.30am		Barbell 9.30am	Group Ride 9.30am	Pilates 9.30am	Mums & Bubs 9.30am		Body Pump 9.30am	Cycle 9.30am	Body Balance 9.30am	Pink 9.30am		Barbell 9.30am	Cycle 9.30am	Yoga Warm 9.30am	Mums & Bubs 9.30am		Barbell 9.30am	Group Ride 9.30am	Body Balance 9.30am	WOD 9.30am				Yoga 9.30am	WOD 9.30am							Barbell 9.00am	Sprint 9.00am			
		Dance 10.30am		Body Balance 10.30am	Mums & Bubs 10.30am		Body Pump 10.30am		Yoga 10.30am	Pink 10.30am				Barre 10.30am	Mums & Bubs 10.30am		Body Pump 10.30am					Body Pump 10.30am		Pilates 10.30am					Body Balance 10.30am								Body Pump 10.00am		Yoga 10.00am		
				Barre Gentle 11.30am	Young @ Heart 11.30am				Yoga Gentle 11.30am						Young @ Heart 11.30am				Yoga Gentle 11.30am					Yoga Gentle 11.30am	Young @ Heart 11.30am																
									Meditation 12.30pm										Meditation 12.30pm																						
		Barbell 4.30pm		Pilates 4.30pm	WOD 4.30pm		Barbell 4.30pm		Barre 4.30pm	WOD 4.30pm		Body Pump 4.30pm		Yoga 4.30pm					Barre 4.30pm					Yoga Slow flow 4.30pm	WOD 4.30pm																
		Body Pump 5.30pm	Group Ride 5.30pm	Barre 5.30pm	WOD 5.45pm		Barbell 5.30pm	Group Ride 5.30pm	Pilates 5.30pm	WOD 5.45pm		Barbell 5.30pm	Cycle 5.30pm	Body Balance 5.30pm	WOD 5.45pm		Dance 5.30pm	RPM 5.30pm	Yoga 5.30pm	WOD 5.45pm		Barbell 5.30pm		Yoga Slow flow Warm 5.30pm																	
			Yoga 6.30pm					Yoga Warm 6.30pm					Pilates 6.30pm			Body Pump 6.30pm		Yoga YIN 6.30pm																							
			Yoga Warm 7.30pm										Yoga Warm 7.30pm																												

**TRADING HOURS:**

MONDAY TO THURSDAY 5am - 9pm FRIDAY 5am - 8pm

SATURDAY, SUNDAY & PUBLIC HOLIDAYS 6am - 6pm

Closed Christmas Day and Good Friday.