

	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		One 30 5.30am				Barbell 5.30am					Fusion 5.05am																								
	Barbell 6.00am		Yoga Hot 6.00am	WOD 6.00am		Fitbox 6.00am	Group Ride 6.00am	Yoga Hot 6.00am	WOD 6.00am	Aqua 6.00am	Body Pump 6.00am	Cycle 6.00am		WOD 6.00am		Barbell 6.00am	Sprint 6.00am	Yoga Hot 6.00am	WOD 6.00am	Aqua 6.00am	Body Pump 6.00am		Yoga Hot 6.00am	WOD 6.00am				Yoga Hot 6.30am							
			Yoga Hot 7.00am		Aqua 7.00am						Fitbox 7.00am		Yoga 7.00am		Hydro Rider 7.00am				Yoga Hot 7.00am					Yoga YIN 7.00am		Hydro Rider 7.00am	Body Pump 7.00am		WOD 7.00am	Hydro Rider 7.00am	Yoga Hot 7.00am				
	Actives 8.30am		Pilates Gentle 8.30am	Young @ Heart 8.30am	Aqua - Actives 8.15am	Actives 8.30am		Body Balance 8.30am	Young @ Heart 8.30am		Aqua - Actives 8.15am	Actives 8.30am	Pilates 8.30am						Yoga Gentle 8.30am	Young @ Heart 8.30am		Aqua - Actives 8.15am	Actives Strength 8.30am		Barre Gentle 8.30am		Body Attack 8.45am		Sprint 8.00am	Barre 8.30-am	Yoga Hot 8.00am				
	Body Pump 9.30am	RPM 9.30am	Yoga 9.30am	WOD 9.30am	One Swim 9.30am	Body Blast 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	One Swim - Gentle 9.30am	Grit 9.30am	Body Step 10.00am	Cycle 9.30am	Yoga Hot 9.30am	Mums & Bubs 9.30am		Body Attack 9.30am	Group Ride 9.30am	Body Balance 9.30am	WOD 9.30am	One Swim 9.30am			Yoga 9.30am	WOD 9.30am	One Swim 9.00am	Fusion 9.00am			
	Dance 10.30am		Body Balance 10.30am			Body Pump 10.30am		Yoga 10.30am					Mums & Bubs Pilates 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															
					Aqua - Gentle 1.00pm																														
	EVENING	Fitbox 4.30pm		Pilates 4.30pm	WOD 4.30pm		Barbell 4.30pm		Barre 4.30pm	Gromfit 4.30pm		Body Pump 4.30pm	Sprint 4.45pm	Yoga 4.30pm			Grit 4.45pm		Barre 4.30pm	Gromfit 4.30pm				Yoga Slow flow 4.30pm	WOD 4.30pm										
Body Pump 5.30pm		RPM 5.30pm	Barre 5.30pm	WOD 5.30pm		Body Attack 5.30pm	Group Ride 5.30pm	Pilates 5.30pm	WOD 5.30pm	Hydro Rider 5.30pm	Fitbox 5.30pm		Body Balance 5.30pm	WOD 5.30pm		Dance 5.30pm	RPM 5.30pm	Yoga Flow Release 5.30pm	WOD 5.30pm	Hydro Rider 5.30pm	Body Pump 5.30pm			RNB Yoga Hot 5.30pm											
			Yoga 6.30pm		Aqua 6.30pm	Grit 6.30pm		Yoga Hot 6.30pm		One Swim 6.30pm	Body Step 6.30pm		Pilates 6.30pm			Body Pump 6.30pm		Yoga YIN Restore 6.30pm (75mins)		One Swim 6.30pm															
			Yoga Hot 7.30pm										Yoga Hot 7.30pm																						

TRADING HOURS:

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

SATURDAY, SUNDAY & PUBLIC HOLIDAYS 6am - 6pm

Closed Christmas Day and Good Friday.