

GROUP EXERCISE CLASSES

TIMETABLE

EFFECTIVE
6th OCTOBER 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFORMER PILATES	5:15am	REFORMER		REFORMER	REFORMER	REFORMER	SEE TIMES BELOW	
	6:15am	REFORMER		REFORMER		REFORMER	REFORMER 7am	
	8:15am	REFORMER	REFORMER	REFORMER		REFORMER	REFORMER 8am	
	9:15am	REFORMER	REFORMER	REFORMER		REFORMER	REFORMER 9am	
	5:15pm	REFORMER	REFORMER	REFORMER	REFORMER			
	6:15pm	REFORMER	REFORMER	REFORMER	REFORMER			

REFORMER
Pilates

All classes are 45 minutes in duration
Book through Active World App THREE (3) days in advance



EFFECTIVE
6th OCTOBER 2026

FUNCTIONAL TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:05AM	AEROBIC	STRENGTH	AEROBIC		STRENGTH	
6:30AM						
7:30AM						FUNCTIONAL
09:05AM	AEROBIC	STRENGTH	AEROBIC	FUNCTIONAL	STRENGTH	
05:30PM	AEROBIC	STRENGTH	AEROBIC	FUNCTIONAL	STRENGTH	

Please scan QR code for class descriptions on our website

All classes are 45 minutes in duration
Book through Active World App Five (5) days in advance

