

April 2026

## MAIN STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.05am	Gym Floor Circuit	HI ENERGY CIRCUIT	RPM	HI ENERGY CIRCUIT			
7am				Stretch & Align		8:05 HIIT	
9.05am	FUNCTIONAL STRENGTH	F.I.T	BODYPUMP	Tabata	RPM	Body Pump	
10am	Mat Pilates		MAT PILATES	BARRE	MAT PILATES STRENGTH		10.05 AM MAT PILATES
11am	Upright & Active	Move & Stretch	Upright & Active	Move & Stretch	Upright & Active		
2pm							
4.15pm							4:00PM BODYBALANCE
5pm	RPM	BARRE	PILATES ROLL AND RELEASE	MAT PILATES			
5:50pm	BODYBALANCE	5:50pm SPRINT	DANCE	STRENGTH DEVELOPMENT			
6.30pm	BOOGIEBOUNCE 6:40PM						

## AQUA

	MON	TUES	WED	THURS	FRI	SAT	SUN
10.00am		Aqua	Aqua	Aqua	Aqua		
11:00am					Mermaids		
2.10pm		Mermaids					
6pm	Deep Water			Deep Water			

## REFORMER PILATES STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6am		Reformer		Reformer	Reformer		
7am	Reformer		Reformer				
9:00am			Reformer		Reformer	8:05am Reformer	
10am		Reformer				Reformer	
12PM							11 AM Reformer
4.00 PM		4:45PM Reformer		Reformer	Reformer Stretch		3:00pm Reformer
5 PM	Reformer	5.45 PM Reformer	Reformer		Reformer Stretch		
6PM	Reformer Stretch		6:30pm Reformer	6:30pm Reformer	Reformer Stretch		

All classes are 40 - 45 minutes. Please note that classes/instructors may need to be changed at short notice.