

# Fitness Classes Timetable

From Monday 5 January until Sunday 31 August 2026

| MON                                                      | TUE                                                 | WED                                                 | THU                                                        | FRI                                              | SAT                                                                | SUN                                               |
|----------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------|--------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------|
| 7:15-7:45<br>Core & Stability<br>Wellness Studio         | 7:15-7:45<br>HIIT Cycle<br>Spin Studio              | 7:15-8:00<br>Yogalates<br>Wellness Studio           | 7:15-7:45<br>HIIT Cycle<br>Spin Studio                     | 7:15-7:45<br>Core & Stability<br>Wellness Studio | 10:00-11:00<br>Hyrox<br>Ancillary Hall                             | 11:05-12:00<br>Yoga* Elizabeth<br>Wellness Studio |
| 8:15-8:45<br>Strength & Core<br>Fitness studio           | 8:15-8:45<br>Guided Meditation<br>Wellness Studio   | 8:15-8:45<br>Strength & Core<br>Fitness studio      | 8:15-8:45<br>Stretch & Flex<br>Wellness Studio             | 8:15-8:45<br>HIIT Cycle<br>Spin Studio           | 11:15-12:00<br>Core Strength<br>Wellness Studio                    | 12:15-12:45<br>HIIT Cycle<br>Spin Studio          |
| 11:15-11:45<br>Stretch & Flex<br>Wellness Studio         | 10:15-10:45<br>HIIT<br>Fitness studio               | 12:15-13:00<br>Yogalates<br>Wellness Studio         | 12:15-12:45<br>Strength & Core<br>Fitness studio           | 13:15-13:45<br>HIIT Cycle<br>Spin Studio         | 12:05-13:05<br>Yoga* Clara<br>Wellness Studio                      | 13:05-13:50<br>Bodyweight Burn<br>Fitness studio  |
| 12:15-13:00<br>Yogalates<br>Wellness Studio              | 12:15-13:00<br>Yogalates<br>Wellness Studio         | 12:05-12:50<br>Studio Cycling<br>Spin Studio        | 13:15-13:45<br>HIIT Cycle<br>Spin Studio                   | 13:05-13:50<br>Bodyweight Burn<br>Fitness studio | 13:15-13:45<br>HIIT Cycle<br>Spin Studio                           |                                                   |
| 12:15-12:45<br>HIIT Kettlebells & Core<br>Fitness Studio | 13:05-13:50<br>Kettlebells & Core<br>Fitness Studio | 13:05-13:55<br>Box Fit<br>Fitness studio            | 13:00-14:00<br>Hyrox<br>Ancillary Hall                     | 13:05-13:55<br>Pilates* Lena<br>Wellness Studio  |                                                                    |                                                   |
| 13:05-13:50<br>Box Fit<br>Fitness Studio                 | 13:00-14:00<br>Hyrox<br>Ancillary Hall              | 13:05-13:55<br>Core Strength<br>Wellness Studio     | 17:15-17:45<br>HIIT Cycle<br>Spin Studio                   | 17:15-17:45<br>HIIT<br>Fitness studio            | Fitness Studio<br>Wellness Studio<br>Spin Studio<br>Ancillary Hall | * Not included in our Class Pass                  |
| 13:05-13:50<br>Studio Cycling<br>Spin Studio             | 13:05-13:55<br>Pilates * Karita<br>Wellness Studio  | 15:30-16:00<br>HIIT<br>Fitness studio               | 17:30-18:30<br>Hyrox<br>Ancillary Hall                     | 18:15-18:45<br>HIIT Cycle<br>Spin Studio         |                                                                    |                                                   |
| 15:15-15:45<br>Guided Meditation<br>Wellness Studio      | 16:15-17:00<br>Yogalates<br>Wellness Studio         | 16:15-17:00<br>Box Fit<br>Fitness Studio            | 18:15-18:45<br>HIIT Rip 60 & Kettlebells<br>Fitness studio |                                                  |                                                                    |                                                   |
| 16:15-17:00<br>Yogalates<br>Wellness Studio              | 17:15-17:45<br>Desk Fitness<br>Wellness Studio      | 16:15-17:00<br>Yogalates<br>Wellness Studio         | 19:15-19:45<br>Core & Stability<br>Wellness Studio         |                                                  |                                                                    |                                                   |
| 17:15-18:00<br>Pump N Bum<br>Fitness Studio              | 17:30-18:30<br>Hyrox<br>Ancillary Hall              | 17:15-18:00<br>Pump N Bum<br>Fitness Studio         |                                                            |                                                  |                                                                    |                                                   |
| 17:15-18:00<br>Studio Cycling<br>Spin Studio             | 18:15-19:00<br>Studio Cycling<br>Spin Studio        | 18:15-18:45<br>HIIT Cycle<br>Spin Studio            |                                                            |                                                  |                                                                    |                                                   |
| 18:15-19:00<br>Kettlebells & Core<br>Fitness Studio      | 18:05-18:50<br>Box Fit<br>Fitness Studio            | 18:15-19:00<br>Kettlebells & Core<br>Fitness Studio |                                                            |                                                  |                                                                    |                                                   |

