

# Fitness Classes Timetable

From Monday 5 January until Sunday 31 August 2026

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

