



For all enquiries please call **4230 7500**  
 Timetable correct as of 21 November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Spin</b> 6:00-6:30 AM   30 Mins Instructor: Hope	<b>Smash</b> 6:00-6:40 AM   40 Mins Instructor: Hope	<b>Spin</b> 6:00-6:30 AM   30 Mins Instructor: Hope	<b>Functional Strength</b> 6:00-6:40 PM   40 Mins Instructor: Solomon	<b>Spin</b> 6:00-6:30 AM   30 Mins Instructor: Natalie	<b>Smash</b> 7:15-7:55 AM   40 Mins Instructor: Janaya/Mitch
<b>Hybrid</b> 6:00-6:30 AM   30 Mins Instructor: Shane	<b>Ice Bath</b> 6:30-7:00 AM   30 Mins Instructor: Shane	<b>Hybrid</b> 6:00-6:30 AM   30 Mins Instructor: Solomon	<b>Ice Bath</b> 6:30-7:00 AM   30 Mins Instructor: Shane	<b>Functional Strength</b> 9:15-9:55 AM   40 Mins Instructor: Shane	<b>Yoga</b> 8:15-9:15 AM   60 Mins Instructor: Jodie
<b>Hybrid</b> 9:15-9:45 AM   30 Mins Instructor: Solomon	<b>Ice Bath and Breathwork</b> 6:45-7:30 AM   45 Mins Instructor: Gemma	<b>Boxing</b> 6:45-7:30 AM   30 Mins Instructor: Solomon	<b>Ice Bath and Breathwork</b> 6:45-7:30 AM   45 Mins Instructor: Gemma	<b>Smash</b> 12:15-12:45 PM   30 Mins Instructor: Shane	
<b>Hybrid</b> 12:15-12:45 PM   30 Mins Instructor: Shane	<b>Spin</b> 9:15-9:45 AM   30 Mins Instructor: Natalie	<b>Hybrid</b> 9:15-9:45 AM   30 Mins Instructor: Maddi	<b>Smash</b> 9:15-9:55 PM   40 Mins Instructor: Shane		
<b>Boxing</b> 5:30-6:00 PM   30 Mins Instructor: Tom	<b>Yoga</b> 12:15-1:15 PM   60 Mins Instructor: Jodie	<b>Hybrid</b> 12:15-12:45 PM   30 Mins Instructor: James	<b>Functional Strength</b> 12:15-12:55 PM   40 Mins Instructor: Shane		
	<b>Functional Strength</b> 5:30-6:15 PM   45 Mins Instructor: Janaya	<b>Boxing</b> 5:30-6:00 PM   30 Mins Instructor: Tom	<b>Smash</b> 5:30-6:10 PM   40 Mins Instructor: Janaya		
			<b>Yoga</b> 7:00-8:00 PM   60 Mins Instructor: Jodie		

**Sunday Yoga:** 6:00 - 7:00pm with Jodie