

MON

7:00 - 7:45
HYROX
WITH HEIDY

9:00 - 9:30
BOX BURN & TONE
WITH DONNA

9:35 - 10:05
BODY CONDITIONING
WITH HEIDY

10:10 - 10:55
SPIN
WITH HEIDY

PREMIUM CLASS
11:00 - 12:00
REFORMERS
WITH STEPH

12:00 - 12:30
SPIN
WITH HEIDY

12:15 - 13:00
MIND
WITH STEPH

12:40 - 13:10
HYROX
WITH HEIDY

17:00 - 17:50
PILATES
WITH LYDIA

17:30 - 18:00
HIIT
WITH MALIHAIH

PREMIUM CLASS
17:15 - 18:00
INTRODUCTORY
REFORMERS
WITH LAURIE

PREMIUM CLASS
18:00 - 19:00
REFORMERS
WITH LAURIE

18:00 - 19:00
VINYASA FLOW YOGA
WITH LYDIA

18:05 - 18:50
HYROX
WITH SULLY

19:00 - 19:45
BARRE
WITH LYDIA

19:15 - 19:45
TEMPO TRAINING
WITH MALIHAIH

TUE

7:00 - 7:45
FUNCTIONAL
CIRCUITS
WITH DONNA

7:15 - 8:00
FEEL GOOD PILATES
WITH POLLYANNA

08:00 - 08:45
HYROX
WITH STEVEN

8:00 - 9:00
SLOW FLOW
WITH LYDIA

9:00 - 9:45
BOXERCISE
WITH SULLY

9:05 - 9:50
BARRE
WITH LYDIA

12:05 - 12:35
SPIN
WITH HEIDY

12:40 - 13:10
PIYO
WITH HEIDY

17:15 - 18:00
VINYASA FLOW
WITH LUCY

18:00 - 18:45
SPIN
WITH HEIDY

18:00 - 18:30
BARRE BLAST
WITH GABBY

18:25 - 19:00
HYROX
WITH MALIHAIH

18:30 - 19:15
FEEL GOOD PILATES
WITH POLLYANNA

19:00 - 19:45
TABATA
WITH MALIHAIH

19:30 - 20:15
DANCE FITNESS
WITH GABBY

WED

7:00 - 7:45
HYROX
WITH SULLY

9:00 - 9:45
BODY BURN
WITH DONNA

PREMIUM CLASS
10:00 - 11:00
PILATES REFORMERS
WITH POLLYANNA

13:00 - 13:30
BEGINNERS BODY
CONDITIONING
WITH DONNA

17:00 - 17:30
HYROX EXPRESS
WITH HEIDY

17:15 - 17:45
BARRE BLAST
WITH MALIHAIH

17:45 - 18:30
SPIN
WITH HEIDY

18:00 - 19:00
VINYASA FLOW YOGA
WITH MANDY

18:30 - 19:00
BODY CONDITIONING
WITH HEIDY

19:30 - 20:00
LEGS, BUMS N TUMS
WITH MALIHAIH

THUR

7:00 - 7:30
KETTLEBELL HIIT
WITH DONNA

7:00 - 7:45
ENERGISING FLOW
YOGA
WITH LYDIA

PREMIUM CLASS
8:00 - 8:45
PILATES REFORMERS
WITH POLLYANNA

8:00 - 8:45
MOBILITY & STRECH
WITH LYDIA

9:00 - 9:45
HYROX
WITH DONNA

9:30 - 10:15
BARRE
WITH POLLYANNA

12:00 - 12:30
SPIN
WITH HEIDY

12:35 - 13:20
HYROX
WITH HEIDY

17:30 - 18:00
PRIMAL FITNESS
WITH HEIDY

PREMIUM CLASS
17:00 - 17:50
PILATES REFORMERS
WITH POLLYANNA

17:55 - 18:40
FEEL GOOD PILATES
WITH POLLYANNA

18:05 - 18:35
BOXERCISE
WITH HEIDY

18:45 - 19:30
HYROX
WITH MALIHAIH

FRI

7:00 - 7:45
HYROX
WITH SULLY

7:15 - 8:00
FEEL GOOD PILATES
WITH POLLYANNA

8:00 - 8:45
ENERGISING FLOW
WITH MANDY

PREMIUM CLASS
8:15 - 9:00
PILATES REFORMERS
WITH POLLYANNA

9:00 - 9:30
HIIT
WITH DONNA

9:30 - 10:15
BARRE
WITH POLLYANNA

9:30 - 10:15
FIZZ FIT FRIDAY
WITH DONNA

PREMIUM CLASS
11:00 - 12:00
PILATES REFORMERS
WITH POLLYANNA

12:00 - 12:45
HYROX
WITH STEVEN

PREMIUM CLASS
12:00 - 13:00
PILATES REFORMERS
WITH STEPH

13:00 - 14:00
PILATES
WITH STEPH

17:35 - 18:20
ARMS & ABS
WITH DONNA

18:00 - 19:00
HOT FLOW & YIN
WITH LUCY

FIT26

CLASS TIMETABLE

BOOK VIA
YOUR FITSENSE
APP TODAY!

GYM OPENING HOURS

MON - FRI (6AM - 9PM)
SAT (7AM - 4PM)
SUN (7AM - 1PM)

SAT

9:00 - 9:30
HYROX EXPRESS
WITH HEIDY

9:30 - 10:30
POWER FLOW
WITH GABBY

9:35 - 10:20
SPIN
WITH HEIDY

10:25 - 10:55
BODY CONDITIONING
WITH HEIDY

10:40 - 11:10
DANCE FITNESS
WITH GABBY

11:30 - 12:15
BARRE
WITH POLLYANNA

SUN

9:00 - 9:45
HYROX

10:30 - 11:00
PARENTS & CHILD
CIRCUITS