

November Timetable

1st November – 30th November 2025

Staffed Hours: Monday to Thursday 5am – 8.30pm
Friday 5am – 7pm Saturday & Sunday 7am – 6.30pm

Crèche Hours: Monday to Friday 8:15am – 11:45am
Saturday 7.30am - 11:45am

Staffed hours differ on Public Hols. Creche is closed Public Hols

Tried our Small Group Training?!

First class FREE – book at Reception

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:10am SGT METCON (45mins) Mirka/FP	5.30am Strength Conditioning (45mins) Mary/GFS	5.10am SGT METCON (45mins) Ena/FP			
5.45am Body Pump (1hr) Adam/GFS	5:30am HIIT (30mins) Hilary/GFS	5:45am Les Mills RPM (45mins) Olivia/CS	5:45am Les Mills RPM (45mins) Lisa/CS	5:45am Les Mills Body Pump (45mins) Dan/GFS	7:15am Les Mills RPM (45mins) Nicole/CS	
5.45am Les Mills RPM (45mins) Donna/CS	5.30am Hot Pilates (45mins) Jess/YPS	5.45am Pilates (45mins) Peri/YPS	6.00am Circuit (45mins) Adam/GFS	5:45am Les Mills RPM (45mins) Phil S/CS	7:30am SGT PARTNERED METCON (55mins) Jessie/FP	
8:45am HIIT (30 mins) Adam/GFS	5:45am Les Mills RPM (45mins) Sarah/CS	9:00am HIIT (30 mins) Hilary/GFS	8:45am Box Circuit (45 mins) Alex/GFS	6:00am Pilates (45mins) Daisy/YPS	8:00am Circuit (45mins) Mirka/GFS	
9:00am Pilates (45 mins) Daisy/YPS	6.15am Circuit (45mins) Mirka/GFS	9.15am SGT STRENGTH (45mins) Peri/FP	8.45am Pilates (45mins) Jess/YPS	8:45am HIIT (30mins) Emily/GFS	8:15am Les Mills RPM (45mins) Phil/CS	9.00am Zumba (1hr) Celine/GFS
9.15am SGT METCON (45mins) Lexi/FP	8:45am ABT (30 mins) Mirka/GFS	9.00am Yoga Meditation (75mins) Alisa/YPS	9.00am SGT STRENGTH (45mins) Nancy/FP	9:30am Les Mills Body Step (1hr) Donna/GFS	9:00am Booty Blitz (30mins) Mirka/YPS	9:00am Yoga (1hr) Sandra/YPS
9.30am Les Mills Body Attack (1hr) Adam/GFS	9:30am Les Mills Body Attack (1hr) Donna/GFS	9:35am Les Mills Body Pump (1hr) Hilary/GFS	9:35am Les Mills Body Pump (1hr) Alex/GFS	9:30am ABT (30 mins) Daisy/YPS	9:30am Les Mills Body Attack (1hr) Adam/GFS	
9:30am Les Mills RPM (45mins) Nicole/CS	9:30am Pilates (45 mins) Mirka/YPS	10:30am Pilates (45 mins) Peri/YPS	9:35am Pilates (45mins) Jess/YPS	9:30am Freestyle Cycle (45mins) Emily/CS	9.35am Pilates (45 mins) Mirka/YPS	
10.30am Yoga (1hr) Brigitte/YPS	10:30am Pilates (45 mins) Mirka/YPS	11.20am Zumba (1hr) Celine/YPS	10:45am Les Mills Body Balance (1hr) Sarah/YPS	10:15am Hot Yoga (1hr) Megan/YPS	10:30am Pilates (45mins) Daisy/YPS	
1.15pm Pilates (45mins) Mirka/YPS	10:35am Les Mills Body Pump (1hr) Donna/GFS		10.40am Aqua (45mins) Alex/Pool		10.30am Aqua (45mins) Mirka/Pool	
5.30pm Aqua (45mins) Alex/Pool		12.15pm Strength Conditioning (45mins) Sue/GFS	1.15pm Pilates (45mins) Mirka/YPS	12.15pm Strength Conditioning (45mins) Sue/GFS	10.40am Yoga (1hr) Natalie/GFS	
5.25pm HIIT (30mins) Nancy/GFS	5:15pm Cardio Blast (30 mins) Mary/GFS	5.25pm HIIT Cycle (30mins) Sandy/CS	5:15pm Box Circuit (45 mins) Julie/GFS			3:45pm Hot Yoga (Power) (1hr) Rocket/YPS
6.00pm Functional Core (30mins) Adam/YPS	5.30pm SGT STRENGTH (45mins) Nancy/FP	5:25pm HIIT (30 mins) Nancy/GFS	5.30pm Aqua (45mins) Alex/Pool	5:30pm Zumba (1hr) Melitta/GFS	4:00pm Les Mills Body Pump (1hr) Sandy or Phil S/GFS	5:00pm Yin Yoga (1hr) Rocket/YPS
6.00pm Les Mills RPM (45mins) Sandy/CS	6:00pm Les Mills RPM (45mins) Donna/CS	6:00pm ABT (30 mins) Adam/YPS	6:00pm Les Mills RPM (45mins) Phil/CS	5:30pm Pilates (45mins) Toula/YPS		5:00pm Les Mills RPM (45mins) Donna/CS
6:00pm Les Mills Body Step (1hr) Donna/GFS	6:00pm Body Pump (1hr) Phil S/GFS	6:00pm Les Mills Body Step (1hr) Donna/GFS	6:00pm Vinyasa Yoga (1hr) Jen/YPS			
6.45pm Zumba (1hr) Narelle/YPS	6.15pm Pilates (45mins) Jess/YPS	6:45pm Hot Yoga (Intermediate) (1hr) Alisa/YPS	6:05pm Les Mills Body Pump (1hr) Sandy/GFS			
7:10pm Yoga (1hr) Natalie/GFS	7:05pm Les Mills Body Balance (1hr) Nuria or Sarah/GFS	7:10pm Les Mills Body Pump (1hr) Phil S/GFS	7:10pm Yoga Slow Flow (1hr) Jen/GFS			

Class Descriptions

LES MILLS

Aqua	Build your fitness while keeping cool! Using the water for resistance, plus aqua-weights, pool noodles and kickboards, you will burn calories and have fun in this 45 minute, low-impact class.
Pilates & Hot Pilates	A low-impact, core-focused workout to strengthen and lengthen your muscles. Fantastic for total body sculpting and suitable for any age and fitness level. *Hot Pilates heated to approx. 35 degrees
Yoga & Yoga Slow Flow	Yoga practice is renowned for aiding stress relief, increasing flexibility and improving your posture. Learn easy relaxation methods including controlling breath flow, while you stretch and release tension in your body. You will leave feeling calm and restored. *Great for beginners
Hot Yoga	Invigorate your senses by participating in a beautiful Yoga flow in our heated studio – between 28 and 35 degrees. You'll stretch your body and re-set your mind, all while you gain the absolute most from your poses and push your limits.
Yin Yoga	Yin is a deep practice that focuses on stretching, recovery and relaxation. The 60-minute class places you in postures for 3-5 minutes, allowing the muscles, fascia, tendons and ligaments, to stretch and release. A perfect practice to compliment your strength and cardio training.
Vinyasa Yoga	Vinyasa Yoga is an active practice that incorporates the breath with movement into a dynamic sequence. The aim is to create a sense of flow from one posture to the next, giving students a sense of meditation in motion. Students are given a variety of options and modifications to customise the practice to suit their needs and abilities, thus making it accessible to new students who have a moderate level of fitness. The room is kept at an ambient temperature of 22-24 degrees.
Yoga Meditation	Yoga Meditation will focus on breath, mind and body. Breathe, stretch, strengthen and balance in various Yoga asanas. Music meditations to calm the mind, Qi Gong to shift energy and encourage balance within.
Les Mills RPM HIIT Cycle & Freestyle Cycle	High energy indoor cycling workouts, where you ride to the rhythm of powerful music. Take on the hills, flats, time trials and interval training at your own level with adjustable resistance. Keep it low impact while reaping all the cardio benefits and engaging those leg and core muscles! Climb hills, sprint along flats and enjoy the ride (RPM & Freestyle Cycle 45-minutes, HIIT Cycle 30-minutes)
Strength Conditioning	Strength Conditioning is a dynamic class combining cardiovascular endurance, muscular strength, and mobility. Offering a dynamic blend of exercises challenging all aspects of fitness and providing a perfectly balanced workout.
HIIT	High Intensity Interval Training – a short sharp class that will really make you sweat! Push the intensity and increase cardiovascular fitness in 30 minutes.
Cardio Blast	Get your blood pumping in this 30-minute cardio workout designed to ensure maximum calorie burn! Keep your body guessing with this innovative class intended to push you to your limits.
Box Circuit & Circuit	Box Circuit incorporates partnered boxing work and other cardio exercises. Circuit is a combination of cardio and strength-based training. Both great for fat-burning, toning, improving fitness and strength. You'll be sure to get results from these high energy classes. Get ready to whip your body into shape.
Les Mills Body Pump	BODY PUMP is the original barbell class that strengthens your entire body. A 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.
Les Mills Body Balance	BODY BALANCE is a Yoga, Tai Chi and Pilates fusion that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing and a carefully structured series of stretches, moves & poses to music create a holistic workout involving a state of harmony & balance.
Les Mills Body Attack	BODY ATTACK is the sports inspired cardio workout for building strength and stamina. The high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. This energetic cardio class will launch you towards your fitness goals.
Les Mills Body Step	BODY STEP is the energetic step workout that makes you feel alive. Using height adjustable steps and simple movements involving cardio blocks; this high energy class will push your fat burning systems into high gear, followed by muscle conditioning tracks that shape and tone your body.
ABT (Abs, Butt & Thighs)	Tone your tummy, tighten your toosh and strengthen those thighs – a low impact class that works to tone and sculpt with particular focus on the abs, butt and thighs. 30 minutes of work – get the most bang for your buck.
Booty Blitz	Sculpt your booty and lower body in this 30-minute burner. Using resistance bands, ankle weights and 'magic circles' you will tighten and tone your lower body while working toward those buns of steel!
Functional Core	Strengthen and tone your mid-section using functional movements and small equipment. With a spicy abdominal burner to finish, you will certainly feel that core working in this 30-minute class!
Zumba	ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, and energetic class. Based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.
*Small Group Training (SGT) 'MetCon' 'Strength' 'Partnered MetCon'	Our Small Group Training (SGT) sessions are created so you can experience true fitness. Metabolic Conditioning (MetCon), Strength or Partnered Metcon. Functional Fitness classes led by our dedicated Trainers and designed to be different, so that every workout is a challenge. You won't believe what you are capable of until you try! MAX PARTICIPANTS PER SESSION: STRENGTH 10, METCON 12, PARTNERED METCON 16 *SGT classes additional charge* (First class free)