



For all enquiries please call **4230 7500**
Timetable correct as of 23 December 2025

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

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