

# AUTUMN 2026 TIMETABLE

STARTS FROM MONDAY 23 MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM SPRINT LARISSA	5.45AM HYROX "APRIL ONLY" JESS	5.45AM CYCLE (45MINS) STACEY/LARISSA	5.45AM CEREMONY MARY	5.45AM SPRINT LARISSA	8.00AM STEP MEL	8.45AM PRIVATE REFORMER ZARA
6.00AM PRIVATE REFORMER ZARA	6.00AM PRIVATE REFORMER TAYLA	6.00AM SHAPES KAY	6.00AM PRIVATE REFORMER TAYLA	6.00AM STRENGTH DEVELOPMENT PETE	8.15AM SPRINT KEIRAN	9.30AM REFORMER PILATES CIRCUIT ZARA
9.00AM CYCLE MEL	8.45AM STEEL TRAINING MEL	6.45AM PRIVATE REFORMER ZARA	8.45AM STEEL TRAINING ENDURANCE MEL	7.00AM PRIVATE REFORMER LAUREY	8.30AM COMBAT MEL	
9.30AM STRENGTH DEVELOPMENT PETE	9.30AM REFORMER PILATES CIRCUIT EMILY	9.00AM CYCLE MEL	9.30AM CEREMONY KELLIE	9.00AM CYCLE MEL	9.00AM CEREMONY KELLI	
10.20AM SENIOR ROCKERS MEGAN	4.45PM KIDS FITNESS COMING SOON	9.30AM STEEL TRAINING MEL	4.45PM SHAPES KAY	9.30AM STEEL TONIC MEL	9.00AM STRENGTH DEVELOPMENT KEIRAN	
5.00PM STEP MEL	5.00PM STEEL TRAINING EXPRESS MEL	4.45PM ZUMBA EMMA	5.30PM BODYPUMP KEIRAN	5.30PM CLUBBERCISE SARAH		
5.30PM SPRINT KEIRAN	5.30PM CYCLE MELANIE	5.30PM SPRINT KEIRAN	5.30PM HNR BOXING GARY			
5.30PM STEEL TRAINING ENDURANCE MEL	5.30PM COMBAT MEL	5.30PM REFORMER PILATES CIRCUIT ZOE	6.15PM PRIVATE REFORMER LAUREY			
6.15PM CEREMONY KELLIE	6.15PM HNR BOXING GARY	6.15PM CEREMONY MARY	6.15PM CEREMONY GARY			
6.15PM BODYBALANCE KEIRAN	6.15PM REFORMER CIRCUIT ZARA	6.15PM STRENGTH DEVELOPMENT PETE				
7.15PM PRIVATE REFORMER EMILY	7.15PM PRIVATE REFORMER TAYLA	7.15PM PRIVATE REFORMER TAYLA				

## 2026 DAYLIGHT SAVINGS STAFFED HOURS.

**Monday - Thursday:**

9am - 7pm

**Friday 9am – 1pm**

**Saturday 8am - 11am**

24/7 Fob required **Sundays**

Please bring two towels with you for every workout. Do not bring friends into the club without payment.

No group fitness on Good Friday, Easter Sunday, Mother's Day, and Father's Day.

Public Holiday staffed hours and classes are at the club's discretion and will be posted in advance.



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PILATES SESSIONS PACKS AT  
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