

WINTER – SPRING TIMETABLE

START MONDAY 13 JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM CYCLE STACEY (45MINS)	5.45AM HYROX JESS	5.45AM CYCLE STACEY (45MINS)	5.45AM CEREMONY MARY	5.45AM CYCLE STACEY (45MINS)	8.00AM STEP MEL	8.45AM PRIVATE REFORMER ZARA
6.00AM PRIVATE REFORMER ZARA	6.00AM PRIVATE REFORMER TAYLA	6.00AM REFORMER PILATES CIRCUIT ZOE	6.00AM PRIVATE REFORMER TAYLA	6.00AM STRENGTH DEVELOPMENT PETE	8.15AM SPRINT KEIRAN	9.30AM REFORMER CIRCUIT ZARA
9.00AM CYCLE MEL	9.00AM EXPRESS STEEL TONIC MEL	6.45AM PRIVATE REFORMER ZARA	9.00AM STEEL TRAINING AND STEP MEL	7.00AM PRIVATE REFORMER LAUREY	8.30AM COMBAT MEL	
9.30AM STRENGTH DEVELOPMENT PETE	9.30AM REFORMER CIRCUIT EMILY	9.00AM IGNITE CIRCUIT MEL	9.30AM CEREMONY KELLIE	9.00AM CYCLE MEL	9.00AM CEREMONY KELLI	
10.20AM SENIOR ROCKERS PETE	5.00PM STEEL TRAINING EXPRESS MEL	9.30AM STEEL TRAINING MEL	4.45PM YOGA FUSION ERIN	9.30AM MASH-UP MEL	9.00AM STRENGTH DEVELOPMENT KEIRAN	
5.00PM STEP MEL	5.30PM CYCLE MELANIE	4.45PM ZUMBA EMMA	5.30PM STRENGTH DEVELOPMENT KEIRAN	5.30PM CLUBBERCISE SARAH		
5.30PM SPRINT KEIRAN	5.30PM COMBAT MEL	5.30PM SPRINT KEIRAN	5.30PM HNR CIRCUIT EXPRESS GARY			
5.30PM STEEL TRAINING MEL	5.30PM CEREMONY GARY	5.30PM REFORMER CIRCUIT ZOE	6.00PM HNR BOXING GARY			
6.15PM CEREMONY KELLIE	6.15PM HNR BOXING GARY	6.15PM CEREMONY MARY	6.30PM PRIVATE REFORMER LAUREY			
6.15PM BODYBALANCE KEIRAN	6.15PM REFORMER CIRCUIT ZARA	6.15PM STRENGTH DEVELOPMENT PETE				
7.15PM PRIVATE REFORMER EMILY	7.15PM PRIVATE REFORMER ZARA	7.15PM PRIVATE REFORMER ZOE				

WINTER – SPRING STAFFED HOURS.

Monday: 9am - 7pm

Tue - Thur: 9am - 6pm

Friday: 9am - 1pm

Saturday 8am - 11am

Sunday 24/7 Fob required

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

Public holidays vary so please check socials.



Facebook



Instagram



Please leave us
a nice review on

Google



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CIRCUIT SESSIONS PACKS AT
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