

# GROUP FITNESS TIMETABLE

TERM 1 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30am HIIT	45' GF	6:30am STRENGTH	45' GF	6:30am HIIT	45' GF	6:30am STRENGTH	45' GF	6:30am HIIT	45' GF				
7:30am OSTEO-Fit	60' SKY	7:30am CORE	30' GF	7:30am OSTEO-Fit	60' SKY								
8:30am OSTEO-Fit	60' SKY					8:30am OSTEO-Fit	60' SKY	8:30am HIIT	45' GF	8:30am STRENGTH	45' GF		
8:30am Better Strength	60' GF	8:30am OSTEO-Strong	60' GF	8:30am OSTEO-Fit	60' SKY	8:30am OSTEO-Strong	60' GF	8:30am Better Strength	60' GF	8:30am YOGA	60' SKY		
9:30am OSTEO-Strong	60' GF	9:30am Better Strength	60' GF	9:30am OSTEO-Fit	60' SKY	9:30am Better Strength	60' GF	9:30am OSTEO-Strong	60' GF	09:45am ZUMBA	45' SKY		
		10:45am AQUA	45' POOL			10:45am AQUA	45' POOL	10:45am AQUA	45' POOL				
12:30pm STRENGTH	45' GF	12:30pm HIIT	45' GF	12:30pm BOXING*	45' GF	12:30pm HIIT	45' GF	12:30pm STRENGTH	45' GF				
12:30pm YOGA	45' SKY	12:30pm PILATES	45' SKY	12:30pm YOGA	45' SKY	12:30pm PILATES	45' SKY	12:30pm YOGA	45' SKY			4:00pm HIIT	45' GF
												4:00pm STRENGTH	45' GF
5:00pm STRENGTH	45' GF	5:00pm ABT (women only)	45' SKY	5:00pm STRENGTH	45' GF	5:00pm ABT (women only)	45' SKY	5:00pm STRENGTH	45' GF				
6:00pm Zumba	45' SKY	6:00pm CYCLE	45' Cycle	6:00pm Zumba	45' SKY	6:00pm CYCLE	45' Cycle	6:00pm HIIT	45' GF				
6:00pm HIIT	45' GF	6:00pm BOXING*	45' GF	6:00pm HIIT	45' GF	6:00pm BOXING*	45' GF						
7:30pm PILATES	45' SKY	7:30pm YOGA	60' SKY	7:30pm PILATES	45' SKY	7:30pm YOGA	60' SKY						

**BOXING \*** Learn boxing (bring inner gloves or purchase at reception)

**CORE** Focus on Abs, core and balance.

**Better Strength** Strength circuit for healthy ageing (older adults and seniors)

**HIIT** High intensity Interval training - Low resistance, high reps

**STRENGTH** Work on basic lifts and exercises - high resistance, low reps

**OSTEO-Fit** Senior's functional training: cardio, balance and free weights

**OSTEO-Strong** Senior's strength: Circuit on the pin machines

**OSTEO membership** Gives access to all classes + OSTEO-fit and OSTEO-Strong

Program run by our EP's and claimable with most health insurance

**ABT (women only)** Women only - Circuit style class focusing on lower body and abs.

**AQUA** Cardio workout in music using water as resistance.

**CYCLE** Intense cardio training on a stationary bike.

**PILATES** Focus on core strength and stability, perfect way to tone your body.

**PUMP** Barbell class, work on your full body one song at the time.

**YOGA** Mix of strength, balance and mobility. Perfect to correct posture and relax.

**ZUMBA** Fun cardio workout, join the dance party! (standing only)



NOTE: Please arrive early to your classes to get setup. For your safety, you will be refused entry if you miss the warm-up.

LEGEND	
GF	Gym Floor
SKY	Sky Studio. L2 from gym
Cycle	L2 from back stairs
POOL	POOL (shallow)