

# GROUP FITNESS TIMETABLE

TERM 1 2026

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

LEGEND

GF

Gym Floor

SKY

Sky Studio. L2 from gym

Cycle

L2 from back stairs

POOL

POOL (shallow)

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

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.

