

Gym Timetable 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday		
6.00-6.30	BOOT CAMP		BOOT CAMP		BOOT CAMP		
6.30-7.00			BOOT CAMP		BOOT CAMP		
7.00-7.30	Open Gym		Open Gym		Open Gym	Open Gym	
7.30-8.00							
8.00-8.30							
8.30-9.00	CYCLE/BARRE		CORE STABILITY		CORE STABILITY	CORE STABILITY	STRENGTH
9.00-9.30							
9.30-10.00	Open Gym						Open Gym
10.00-12.30	Gym Closed For Lunch						
12.30-1.00	Student Excellence		Student Excellence	Student Excellence	Student Excellence		
1.00-1.30			Student Excellence	Student Excellence			
1.30-2.00	Open Gym		Open Gym	Open Gym		Open Gym	
2.00-2.30							
2.30-3.00							
3.00-3.30							
3.30-4.00							
4.00-4.30	CYCLE/BARRE		TABATA	STRENGTH		STRETCH	
4.30-5.00							

Fitness Classes – 45 minutes each

Boot Camp: A commando style workout for strength and cardio fitness.

Cycle/Barre: Cycle class gentle on knees and hips with strength training.

Tabata Tuesday: A great way to mix strength and cardio training.

Core Stability: Strengthening, lengthening, exercise to keep you fit and active building a strong core.

Stretch: Pilates crossed with mobility training, help you stay active and mobile so you can live the life you love.

Strength: A tougher workout for those who want more at the end of the week.

Personal Training: One-on-one time with one of our expert trainers to focus on your goals! By appointment.

School Holidays – Gym open Mon, Wed, Fri between 6am and 10am
Please note the Gym is closed for 4 weeks over Christmas holidays