



Mon – Thur	8am – 8pm
Friday	8am – 2pm
Sat/Sun/Holidays	8am – 12noon

TIMETABLE

Starts Aug 2025

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PILATES STUDIO							
6:00am	REFORMER Julia	REFORMER Ruby	REFORMER Selen	REFORMER Ruby	REFORMER Ruby		
7:00am	REFORMER Julia	REFORMER Ruby	REFORMER Selen	REFORMER Ruby	REFORMER Ruby	REFORMER Natasha	
8:00am	MAT Ira		MOBILITY Ira			REFORMER Natasha	
9:00am	REFORMER Ira	REFORMER Ruby	REFORMER Ira	REFORMER Ruby	REFORMER Ruby	MAT Natasha	
10:00am	REFORMER Ira	REFORMER Ruby	REFORMER Ira	REFORMER Ruby			
5.30pm	REFORMER Daniel	REFORMER Ruby	REFORMER Natasha	REFORMER Ruby			
6:30pm	REFORMER+ BREATHWORK Daniel	REFORMER Ruby	MAT Natasha	REFORMER Ruby			
FIIT GROUP TRAINING							
6:00am		CARDIO FIIT Mike		TOTAL BODY FIIT Mike			
8:00am						TOTAL BODY FIIT Mike	
6.00pm	TOTAL BODY FIIT Peter		LOWER BODY FIIT Mollie				

REFORMER PILATES (Beg-Adv) - Is a series of low impact exercises utilizing a Reformer machine consisting of a platform, springs, straps and pulleys to provide resistance to intensify workouts and improve strength, flexibility and balance.

MAT PILATES (Beg-Adv) - Mat or Floor Pilates training practice is a classical form that strengthens the body to its core. Utilizing posture movement patterns and other core strengthening techniques participants will reactivate muscularity and tone.

MOBILITY FLOW (Beg-Adv) - Wake up your inner child while exploring mobility and flexibility while strengthening your body and having fun!

FIIT50 (Beg-Adv) - From bodyweight to bar loaded, cardio equipment and cycles, our FIIT50 classes alternate between short intense exercise periods and short recovery periods and will get your heart rate pumping