

CLASSES SCHEDULE

MON

TUES

WED

THUR

FRI

SAT

SUN

5:45am
KETTLEBELL HIIT
GARRY DUCASSE

5:45am
MAHI FIT
EVA KOTEKA

5:45am
HYROX PREP
JOE ROBINSON

5:45am
MAHI FIT
EVA KOTEKA

5:45am
FRIDAY FUSION
GARRY | HUIA

8am
SATURDAY SWEAT
JOE ROBINSON

8am
SUNDAY SELF CARE
JOE ROBINSON

7am
ATHLETIC FLOW REFORMER PILATES
LYNSEY WAUGH

6am
CORE REFORMER PILATES
SYDONI SMITH

7am
ATHLETIC FLOW REFORMER PILATES
LYNSEY WAUGH

5pm
CARDIO FLOW REFORMER PILATES
SYDONI SMITH

6am
CORE REFORMER PILATES
SYDONI SMITH

8am
CONTEMPORARY REFORMER PILATES
SYDONI SMITH

9am
STRENGTH REFORMER PILATES
LENNI WEBER

8am
ATHLETIC FLOW REFORMER PILATES
LYNSEY WAUGH

7am
STRENGTH & STRETCH REFORMER PILATES
SYDONI SMITH

8am
ATHLETIC FLOW REFORMER PILATES
LYNSEY WAUGH

7am
STRENGTH & STRETCH REFORMER PILATES
SYDONI SMITH

9am
BREATHE & UNWIND YOGA
SYDONI SMITH

10am
STRETCH & RELAX REFORMER PILATES
LENNI WEBER

8:30am
SILVER STRENGTH
HUIA BRADY

5pm
CARDIO FLOW REFORMER PILATES
SYDONI SMITH

8:30am
SILVER STRENGTH
HUIA BRADY

8am
STRENGTH & STRETCH REFORMER PILATES
SYDONI SMITH

5pm
BREATHE & UNWIND YOGA
SYDONI SMITH

9:30am
STRENGTH & MOBILITY
HUIA BRADY

9:30am
STRENGTH & MOBILITY
GARRY | HUIA

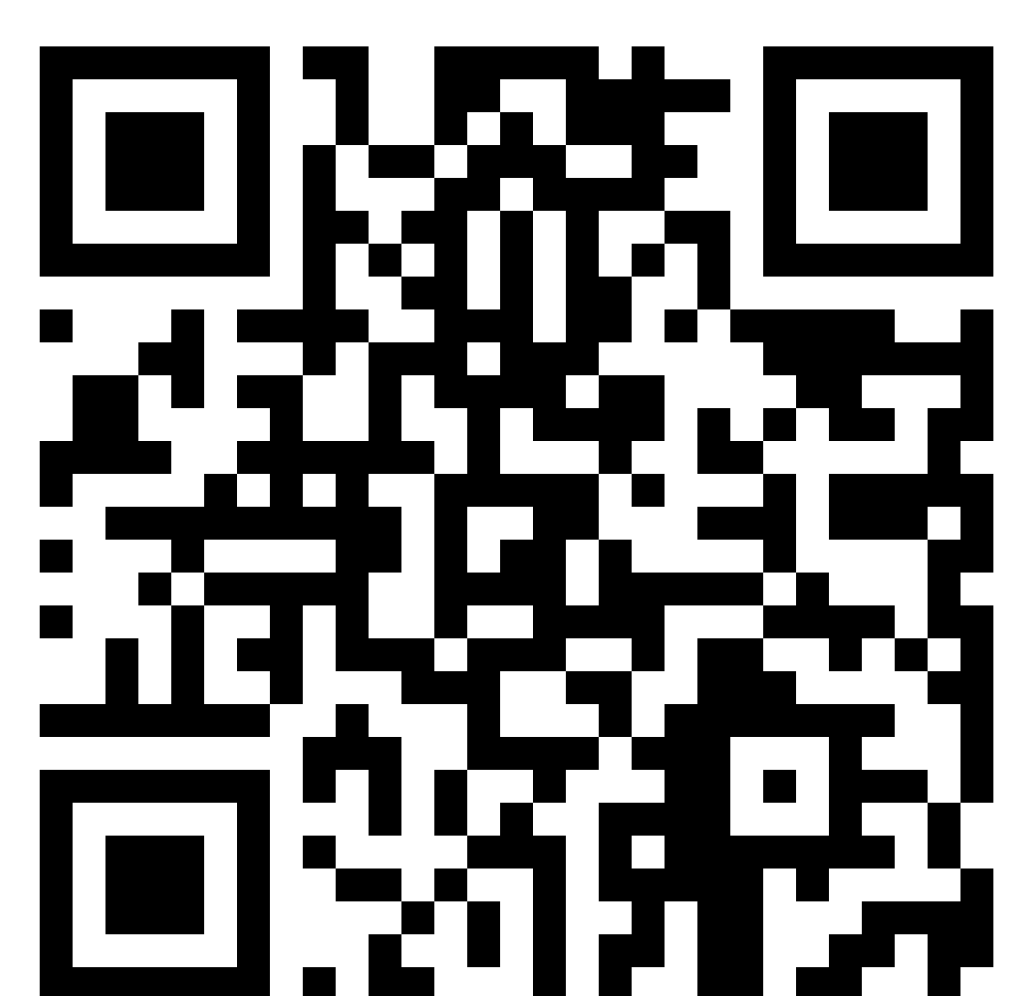
4pm
STRENGTH REFORMER PILATES
LENNI WEBER

5pm
STRETCH & RELAX REFORMER PILATES
LENNI WEBER

OPEN HOURS

MONDAY	6AM - 7PM
TUESDAY	6AM - 7PM
WEDNESDAY	6AM - 7PM
THURSDAY	6AM - 7PM
FRIDAY	6AM - 3PM
SATURDAY	6AM - 4PM
SUNDAY	7AM - 12PM

SCAN TO BOOK



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