

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 DUCASSE	8am SATURDAY SWEAT JOE ROBINSON	8am SUNDAY SELF CARE JOE ROBINSON
7am REFORMER PILATES LYNSEY WAUGH	7am REFORMER PILATES SYDONI SMITH	7am REFORMER PILATES LYNSEY WAUGH	9:30am REFORMER PILATES LENNI WBBER	7am REFORMER PILATES SYDONI SMITH	8am REFORMER PILATES SYDONI SMITH	9am REFORMER PILATES SYDONI SMITH
8am REFORMER PILATES LYNSEY WAUGH	5pm REFORMER PILATES SYDONI SMITH	8am REFORMER PILATES LYNSEY WAUGH		8am REFORMER PILATES SYDONI SMITH	9am YOGA SYDONI SMITH	
8:30am SILVER STRENGTH HUIA BRADY		8:30am SILVER STRENGTH HUIA BRADY		9:30am STRENGTH & MOBILITY GARRY DUCASSE		
		9:30am STRENGTH & MOBILITY HUIA BRADY				
		5pm YOGA SYDONI SMITH				

OPEN HOURS

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

CLASS TERMS & CONDITIONS

Booking

You can book classes up to 7 days in advance to secure your spot. Go to website to book your classes.

Waitlist

If a class is fully booked, you can join the waitlist. Should a spot become available, you'll be notified, and booking will be on a first-come, first-served basis.

Changing Room Access

Please note that our changing rooms are exclusively for Mahi and Platinum Mahi Members. Welcome 10 holders and casual visitors do not have access to these facilities.

Cancellations & No-Shows

To ensure fairness, cancellations made within 24 hours of the class, as well as no-shows, will be charged the full class rate. Cancellations to be made through the website.



SCAN TO BOOK