

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