

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
**CONTEMPORARY
REFORMER PILATES**
SYDONI SMITH

7am
**ATHLETIC FLOW
REFORMER PILATES**
LYNSEY WAUGH

5pm
**CARDIO FLOW
REFORMER PILATES**
SYDONI SMITH

6am
**CONTEMPORARY
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

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

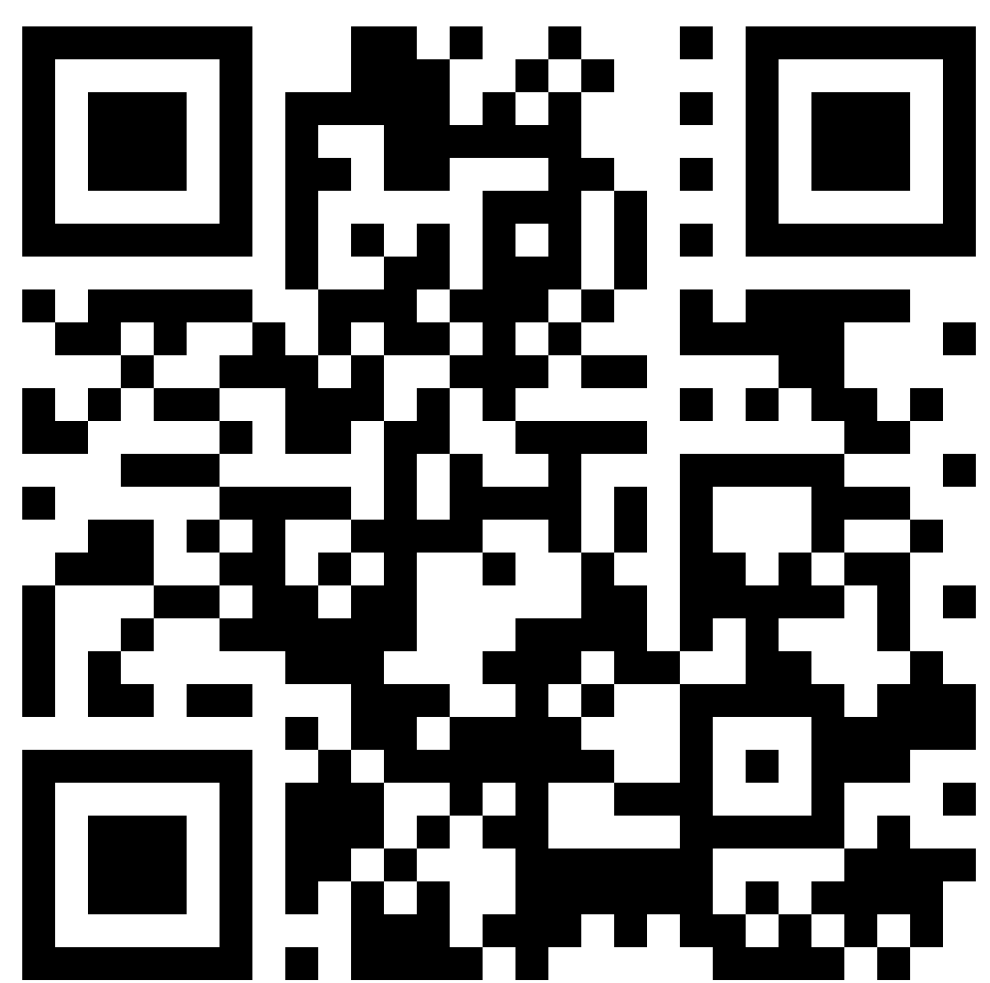
4pm
**STRENGTH
REFORMER PILATES**
LENNI WEBER

5pm
**STRETCH & RELAX
REFORMER PILATES**
LENNI WEBER

SCAN TO BOOK



LEAVE US A
GOOGLE REVIEW



OPEN HOURS

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