

	WEDNESDAY 24 DECEMBER 2025 (CHRISTMAS EVE)	THURSDAY 25 DECEMBER 2025 (CHRISTMAS DAY)	FRIDAY 26 DECEMBER 2025 (BOXING DAY)	SATURDAY 27 DECEMBER 2025	SUNDAY 28 DECEMBER 2025	MONDAY 29 DECEMBER 2025	TUESDAY 30 DECEMBER 2025	WEDNESDAY 31 DECEMBER 2025 (NEW YEAR'S EVE)	THURSDAY 1 JANUARY 2026 (NEW YEAR'S DAY)	
	<b>EARLY CLOSE</b> 5.30am to 1.00pm	CLOSED	<b>PUBLIC HOLIDAY</b> 7.00am to 3.00pm	<b>NORMAL HOURS</b> 6.00am to 6.00pm	<b>NORMAL HOURS</b> 7.00am to 6.00pm	<b>NORMAL HOURS</b> 5.30am to 9.00pm	<b>NORMAL HOURS</b> 5.30am to 9.00pm	<b>EARLY CLOSE</b> 5.30am to 3.00pm	<b>PUBLIC HOLIDAY</b> 7.00am to 3.00pm	
5.30AM						5.40am: SPRINT				
6.00AM	6.00am: BodyPump* / LiftFit Reformer / SPRINT 6.15am: MetFit				6.30am: SPRINT / Reformer		6.00am: Reformer / LiftFit / GRIT Strength 6.15am: SPRINT / MetFit 6.35am: Mat Pilates	6.00am: Barre / StrongFit Body Balance / RPM	6.00am: BodyPump* / LiftFit Reformer / SPRINT	
7.00AM	7.00am: OxyFit / Barre			7.30am: Reformer / SPRINT	7.30am: GRIT Strength Reformer / SPRINT	7.30am: GRIT CARDIO / Reformer	7.00am: Reformer / OxyFit	7.15am: Reformer	7.00am: Barre	7.05am: Reformer 7.30am: RPM
8.00AM	8.00am: ForeverFit Aqua / Reformer 8.30am: Yoga			8.00am: Body Step* / Aqua MoveFit 8.30am: Reformer	8.00am: LiftFit 8.30am: Barre / RPM / BodyPump*	8.00am: Body Balance 8.15am: SPRINT 8.30am: Reformer	8.00am: ForeverFit Aqua 8.30am: BodyPump* / Reformer	8.00am: ForeverFit Aqua 8.15am: Reformer 8.30am: Mat Pilates) 8.45am: SPRINT	8.00am: ForeverFit Aqua / Reformer 8.30am: Yoga	8.00am: ForeverFit Aqua / Reformer 8.45am: BodyPump*
9.00AM	9.00am: StrongFit / Reformer / DH20 9.15am: MetFit 9.30am: RPM / Body Combat			9.00am: Les Mills CORE / DH20 / LiftFit 9.30am: Body Combat / Barre / RPM	9.00am: StrongFit 9.15am: Les Mills CORE / MetFit 9.30am: Reformer	9.00am: RPM / Les Mills CORE 9.30am: Body Attack / Barre	9.00am: RPM / DH20 / StrongFit 9.15am: Les Mills CORE / MetFit 9.30am: Reformer	9.00am: DH20 / LiftFit 9.15am: Reformer / MetFit 9.30am: RPM / BodyPump Express	9.00am: DH20 / Reformer / StrongFit 9.30am: RPM / Body Combat	9.00am: DH20 / SPRINT / Barre 9.15am: MetFit 9.30am: Body Balance
10.00AM	10.15am: Barre 10.30am: Mat Pilates			10.30am: Body Pump / Reformer	10.00am: Body Combat 10.15am: DH20 10.30am: Reformer	10.30am: Mat Pilates	10.00am: Mat Pilates 10.30am: Barre	10.00am: OxyFit 10.15am: Reformer 10.30am: Les Mills Core	10.15am: Barre 10.30am: Mat Pilates	10.00am: Reformer 10.30am: Les Mills CORE
11.00AM	11.15am: Reformer			11.30am: Reformer	11.00am: Body Balance	11.30am: BodyPump / Reformer	11.00am: Yoga 11.30am: Reformer	11.00am: Body Balance 11.15am: Reformer	11.15am: Reformer 11.30am: BodyStep	11.15am: Reformer
12.00PM	12.00pm: BodyPump* 12.05pm: Reformer			12.15pm: Yoga 12.30pm: Reformer	12.30pm: Reformer	12.30pm: Reformer	12.15pm: SPRINT 12.30pm: Reformer	12.15pm: Reformer	12.15pm: BodyPump* / Reformer	12.15pm: Reformer
1.00PM					1.00pm: RPM 1.30pm: Reformer	1.30pm: Reformer				
2.00PM					2.00pm: Yoga 2.30pm: Reformer Essentials					2.00pm: Shapes
3.00PM					3.00pm: Body Pump 3.30pm: Reformer	3.00pm: Reformer / Yoga 3.30pm: RPM				
4.00PM							4.30pm: Reformer	4.00pm: Reformer / Yoga		
5.00PM							5.00pm: Body Attack 5.30pm: Reformer / LiftFit	5.00pm: GRIT Cardio / RPM / Reformer 5.30pm: BodyPump / StrongFit		
6.00PM						6.00pm: Les Mills CORE / RPM 6.30pm: BodyPump* / Barre / StrongFit	6.00pm: SPRINT / Reformer 6.30pm: Body Balance / OxyFit			
7.00pm						7.30pm: Yoga				
	<b>EARLY CLOSE</b> 5.30am to 12.00pm	CLOSED								
6.00AM	Reformer / Pilates Matwork									
7.00AM	Reformer									
8.00AM	Lite Pace / Strength Circuit									
9.00AM	Body Pump / Active Circuit / Reformer									
10.00AM	Body Balance / Reformer									
11.00AM	BodyStep*									

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