

GROUP FITNESS AND SMALL GROUP TRAINING SESSIONS

Current as of 12 October 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	NU TRAIN Gym Floor (60)		NU TRAIN Gym Floor (60)		NU TRAIN Gym Floor (60)		
6.15am	BODYATTACK STUDIO 1 (45)	BODYPUMP STUDIO 1 (60)			BODYPUMP STUDIO 1 (60)		
6.45am	CEREMONY HYROX STUDIO 2 (45)			CEREMONY HYROX STUDIO 2 (45)			
7.00am		AquaFIT POOL (45)		AquaFIT POOL (45)	ACTIVATE STUDIO 2 (45)		
7.00am		BODYBALANCE STUDIO 2 (60)	RPM STUDIO 2 (45)	BODYBALANCE STUDIO 2 (60)			
7.00am	SwimFIT POOL (60)	SwimFIT POOL (60)	SwimFIT POOL (60)	SwimFIT POOL (60)	SwimFIT POOL (60)		
7.15am			PILATES STUDIO 1 (45)		PILATES STUDIO 1 (45)		
7.30am						GRIT STUDIO 2 (30)	
8.00am	ACTIVATE STUDIO 1 (60)		ACTIVATE STUDIO 1 (45)		AquaFIT POOL (45)	CORE STUDIO 2 (30)	
8.00am			AquaFIT POOL (45)			BODYBALANCE STUDIO 1 (60)	
8.15am							BODYATTACK STUDIO 1 (45)
9.00am						CEREMONY HYROX STUDIO 2 (45)	
9.15am	AquaFIT POOL (45)						BODYPUMP STUDIO 1 (60)
9.30am	BODYPUMP STUDIO 1 (60)		GRIT STUDIO 2 (30)	Sculpt STUDIO 1 (60)	Fusion STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)	
10.00am			CORE STUDIO 2 (30)				
12.15pm		CEREMONY HYROX STUDIO 2 (45)		PILATES STUDIO 1 (45)			
12.30pm	NU TRAIN Gym Floor (30)		NU SWEAT Gym Floor (30)		NU TRAIN Gym Floor (30)		
4.30pm	Step & Sculpt STUDIO 1 (45)	CYCLE STUDIO 2 (45)	CEREMONY HYROX STUDIO 2 (45)		BODYPUMP STUDIO 2 (60)		
4.30pm	GRIT STUDIO 2 (30)			GRIT STUDIO 2 (30)			
5.00pm	CORE STUDIO 2 (30)			CORE STUDIO 2 (30)			
5.30pm	BODYPUMP STUDIO 1 (60)	BODYATTACK STUDIO 1 (45)	BODYPUMP STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)	BODYATTACK STUDIO 1 (60)		
5.30pm		BODYPUMP STUDIO 2 (60)	Step Moves STUDIO 2 (45)				
5.40pm	BODYATTACK STUDIO 2 (60)			PILATES STUDIO 2 (45)			
5.45pm							
6.00pm	SwimFIT POOL (60)		SwimFIT POOL (60)		SwimFIT POOL (60)		
6.30pm		PILATES STUDIO 1 (45)					
6.30pm		AquaFIT POOL (45)		AquaFIT POOL (45)			
6.40pm	BODYBALANCE STUDIO 1 (60)	ZUMBA STUDIO 2 (60)	BODYBALANCE STUDIO 1 (60)	ZUMBA STUDIO 1 (60)	BODYBALANCE STUDIO 1 (60)		

CLASS KEY - Find the style of class for you

KEY	LOW IMPACT & MOBILITY	MIND & BODY	CARDIO	HIIT	STRENGTH & CONDITIONING	STRENGTH	WATER RESISTANCE
	ACTIVATE	BODYBALANCE	RPM	GRIT	BODYPUMP	NU TRAIN	AquaFIT
	AquaFIT	PILATES	ZUMBA	NU SWEAT	Sculpt		SwimFIT
			Fusion	HIIT	CORE		
			BODYATTACK		Step & Sculpt		
			Step Moves		CEREMONY HYROX		
			BODYSTEP				

 New Class

PLEASE NOTE: This timetable is subject to change during holiday periods and may be adjusted due to staffing changes or other unforeseen circumstances. It is mandatory members book classes through our website to access the most up to date schedule and receive notifications of any last minute changes.