

# Group Fitness Classes

## TIMETABLE

FROM JUNE 2026

GROUP FITNESS STUDIOS

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	
6:00am	Reformer 45min (Sandy)	Reformer 45min (Sarah C)	Yoga 45min (Sarah S)	Reformer 45min (Eddie)	Reformer 45min (Sarah C)	Yoga 45min (Sarah S)		
6:30am	Boxing 45min (Jaiden)	HIIT 45min (Jaiden)			HIIT 45min (Jaiden)			
7:00am	Reformer 45min (Sandy)	Reformer 45min (Sarah C)	Reformer 45min (Eddie)		Reformer 45min (Sarah C)			
7:30am	SGT 30min (Jaiden)	SGT 30min (Jaiden)				SGT 30min (Daniel) <b>NEW!</b>	Reformer 45min (Sarah C)	
8:30am	Yoga 45min (Zab)		Reformer 45min (Eddie)	Yoga 45min (Zab)	Reformer 45min (Sarah C)		Mat Pilates 45min (Sarah C)	
9:30am	Bootcamp 45min (Jaiden)	Reformer 45min (Sandy)	Reformer 45min (Sarah C)		Reformer 45min (Eddie)	Stretch and Flex 45min (Sarah C)	HIIT 45min (Issey)	Reformer 45min (Sarah C)
10:30am	Reformer 45min (Sandy)	SGT 30min (Daniel)	Mat Pilates 45min (Sarah C)	SGT 30min (Daniel)	Reformer 45min (Sarah C)	SGT 30min (Levi)		
12:30pm	B-Active Longer 45min (Jaiden)		B-Active Longer 45min (Jaiden)		SGT 30min (Daniel)	B-Active Longer 45min (Daniel)		
5:30pm	Reformer 45min (Kiara)	Stretch and Flex 45min (Sarah S)	Reformer 45min (Kiara)	Reformer 45min (Kiara)	SGT 30min (Levi)	Stretch and Flex 45min (Sarah S)	Reformer 45min (Kiara)	
6:30pm	Reformer 45min (Kiara)	HIIT 45min (Jaiden)	Reformer 45min (Kiara)	Bootcamp 45min (Jaiden)	Reformer 45min (Sarah S)	HIIT 45min (Daniel)	Reformer 45min (Sarah S)	

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.



**SUMMIT**  
AQUATIC + LEISURE