

# Group Fitness Classes

## TIMETABLE

FROM SEPTEMBER 2026

### GROUP FITNESS STUDIOS

|                       |         | MONDAY                            |                           | TUESDAY                             |                                | WEDNESDAY                         |                             | THURSDAY                            |                             | FRIDAY                            |                           | SATURDAY                       |                             |
|-----------------------|---------|-----------------------------------|---------------------------|-------------------------------------|--------------------------------|-----------------------------------|-----------------------------|-------------------------------------|-----------------------------|-----------------------------------|---------------------------|--------------------------------|-----------------------------|
| GROUP FITNESS STUDIOS | 6:00am  | Reformer<br>45min (Kiara)         |                           | Reformer<br>45min (Sarah C)         |                                | Yoga<br>45min (Sarah S)           | Reformer<br>45min (Eddie)   | Reformer<br>45min (Sarah C)         |                             | Yoga<br>45min (Sarah S)           | Reformer<br>45min (Kiara) |                                |                             |
|                       | 6:30am  | Boxing<br>45min (Jaiden)          |                           | HIIT<br>45min (Jaiden)              |                                |                                   |                             | HIIT<br>45min (Jaiden)              |                             |                                   |                           |                                |                             |
|                       | 7:00am  | Reformer<br>45min (Kiara)         |                           | Reformer<br>45min (Sarah C)         |                                | Reformer<br>45min (Eddie)         |                             | Reformer<br>45min (Sarah C)         |                             |                                   |                           |                                |                             |
|                       | 7:30am  | SGT<br>30min (Jaiden)             |                           | SGT<br>30min (Jaiden)               |                                |                                   |                             |                                     |                             | SGT<br>30min (Daniel)             |                           | Reformer<br>45min (Sarah C)    |                             |
|                       | 8:30am  | Yoga<br>45min (Zab)               |                           |                                     |                                | Reformer<br>45min (Eddie)         |                             | Yoga<br>45min (Zab)                 | Reformer<br>45min (Sarah C) |                                   |                           | Mat Pilates<br>45min (Sarah C) |                             |
|                       | 9:30am  | Bootcamp<br>45min (Jaiden)        | Reformer<br>45min (Kiara) | Reformer<br>45min (Sarah C)         | Yoga<br>45min (Kerri)          | Reformer<br>45min (Eddie)         |                             | Stretch and Flex<br>45min (Sarah C) |                             |                                   |                           | HIIT<br>45min (Issey)          | Reformer<br>45min (Sarah C) |
|                       | 10:30am | Reformer<br>45min (Kiara)         |                           | SGT<br>30min (Daniel)               | Mat Pilates<br>45min (Sarah C) | SGT<br>30min (Daniel)             | Reformer<br>45min (Eddie)   | Reformer<br>45min (Sarah C)         |                             | SGT<br>30min (Daniel)             |                           |                                |                             |
|                       | 11:30am |                                   |                           | Boxing<br>45min (Jaiden)            |                                |                                   |                             |                                     |                             | Mat Pilates<br>45min (Sarah C)    |                           |                                |                             |
|                       | 12:30pm | B-Active Longer<br>45min (Jaiden) |                           |                                     |                                | B-Active Longer<br>45min (Jaiden) |                             | SGT<br>30min (Daniel)               |                             | B-Active Longer<br>45min (Daniel) |                           |                                |                             |
|                       | 5:30pm  | Reformer<br>45min (Kiara)         |                           | Stretch and Flex<br>45min (Sarah S) | Reformer<br>45min (Kiara)      | Reformer<br>45min (Sarah S)       |                             | Stretch and Flex<br>45min (Sarah S) | Reformer<br>45min (Kiara)   |                                   |                           |                                |                             |
|                       | 6:30pm  | Reformer<br>45min (Kiara)         |                           | HIIT<br>45min (Jaiden)              | Reformer<br>45min (Kiara)      | Bootcamp<br>45min (Jaiden)        | Reformer<br>45min (Sarah S) | HIIT<br>45min (Daniel)              | Reformer<br>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.



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AQUATIC + LEISURE