

Group Fitness Classes

TIMETABLE

FROM OCTOBER 2026

GROUP FITNESS STUDIOS

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