



# SESSION TIMETABLE

3RD NOVEMBER 2025 ONWARDS

## MONDAY

STRENGTH 1  
7:00am - 8:00am

HYBRID  
EXPRESS CIRCUITS  
8:15am - 8:45am

POWER PILATES  
5:30pm - 6:30pm

STRENGTH 1  
7:00pm - 8:00pm

## THURSDAY

BUILD & BURN  
6:00pm - 6:45pm

WOMANS  
STRENGTH 2  
7:00pm - 8:00pm

## TUESDAY

FORM & FLOW  
7:00am - 8:00am

BUILD & BURN  
6:00pm - 6:45pm

STRENGTH 1  
7:00-8:00pm

## FRIDAY

BOX HIT  
6:00am - 6:45am

STRENGTH 3  
7:00am - 8:00am

HYBRID EXPRESS  
CIRCUITS  
8:15am - 8:45am

HYBRID EXPRESS  
CIRCUITS  
6:45pm - 7:15pm

## WEDNESDAY

STRENGTH 2  
7:00am - 8:00am

WOMANS  
STRENGTH 1  
5:00pm - 6:00pm

STRENGTH 2  
6:15pm - 7:15pm

## SATURDAY

HYBRID CIRCUITS  
9:00am - 9:45am

HYBRID CIRCUITS  
10:00am - 10:45am

