

Group Fitness Timetable

Studio One		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	HIIT Stamina		HIIT Rate				
	8:30am	Low Impact		Low Impact (8:45am)	Les Mills Core	Chair Low Impact	Body Pump	
	9:30am	Body Pump		HIIT Fusion	Les Mills Dance	Body Pump	Body Balance	Chair Low Impact
	10:30am	Les Mills Dance	Body Balance	Cardio and Strength	Strength & Conditioning		Body Combat	
	12:30pm		Zumba			Chair Fitness		
	3:30pm							Body Step
	5:30pm	Body Pump	Yoga Core	Body Combat	Body Balance	Les Mills Dance		Body Pump (4:30pm) Body Balance
	6:15pm		Box Fit					
	6:30pm	Les Mills Dance		Body Pump				

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30am	Aqua		Aqua		Aqua		
	8:00am		Aqua		Aqua		Aqua	Aqua
	9:45am	Aqua		Aqua		Aqua		
	12:00pm		Aqua		Aqua	Aqua		
	4:00pm						Aqua	Aqua
	7:00pm	Aqua	Aqua	Aqua	Aqua	Aqua		Aqua (5:00 pm)

Cycle Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am		RPM			RPM		
	8:00am						Sprint	
	9:00am						RPM	
	9:30am				RPM			
	6:00pm	RPM	RPM	Sprint	RPM			

Entry Fees

2026/2027

Prices as of 1st July 2026

Entry Fees	Standard	Concession	Pensioner
Single Gym Entry	\$32.05	\$23.45	\$11.10
Gym 10 Day Visit Pass	\$288.45	\$211.20	\$99.00
Casual Group Fitness	\$32.05	\$23.45	\$11.10
Group Fitness 10 Day Visit Pass	\$288.45	\$211.20	\$99.00
Casual Aqua Aerobics	\$16.15	\$11.30	\$8.05
Aqua Aerobics 10 Day Visit Pass	\$145.30	\$99.00	\$72.65

Full Access Membership	1 Week (DD)	3 Months	12 Months
Standard	\$27.00	\$416.80	\$1,192.00
Concession/Teen	\$22.25	\$326.80	\$922.10
Pensioner	\$18.55	\$266.75	\$741.95

Full Access Membership includes Gym, Group Fitness Classes and Aquatic Access

Establishment fee may apply to all direct debit memberships. Concession/Pensioner cards must be shown at reception.

**Scan this QR code to check out
our group exercise class
descriptions.**

