

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	BODYPUMP™	
	9:30am	BODYPUMP™		HIIT Fusion	Les Mills Dance	BODYPUMP™	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							BODYSTEP™
	5:30pm	BODYPUMP™	Yoga Core	BODY COMBAT™	BODY BALANCE™	Les Mills Dance		BODYPUMP™ (4:30pm)
								BODYBALANCE™
	6:15pm		Box Fit					
	6:30pm	Les Mills Dance		BODYPUMP™				

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 Zumba	Aqua	Aqua	Aqua	Aqua		Aqua (5:00 pm)

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

