

1st to 30th November, 2026
Class Timetable

EXCLUSIVE
Wellness & Fitness

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Class Timetable

01. DANCE STUDIO

TIME	MON	TUE	WED	THUR	FRI
06:30-07:30	Pilates Nick	Functional Mobility Gidruff	Yoga Dr. Seema Sharma	Functional Mobility Gidraf	Yoga Dr. Seema Sharma
07:45-08:45	Legs, Bums + Tums Tush	Pilates Nick	Afro Burn Edgar	Strength + Tone Matthew	HIIT + Core Matthew
09:00-09:45		Legs, Bums + Tums Tush	Step and Tone Fred		
10:00-11:00	POWER Yoga Chris	Functional Mobility Gidraf	Vinyasa Yoga Chris	Functional Mobility Gidraf	
16:00 -16:45	Legs, Bums + Tums Beatrice		Core & Mobility Amos		Calisthenics Bryan
17:00-17:50	Legs, Bums + Tums Beatrice	Step and Tone Fred	Flow Yoga Ashray	Recovery & Mobility Gidraf	Vinyasa Yoga Chris
18:00-18:50	Strength & Motion Beatrice	Yoga Dr. Seema Sharma	Afro Burn Edgar	Rebounding & Qi Gong Ashray	
19:00-20:00					Dance & Drip Edgar

SATURDAY	08:00-08:45	Yoga Dr. Seema Sharma	09:00-10:00	Functional Mobility Gidraf
	10:00 - 11:00	HIIT + Run Matt (10:00 - 11:00am)		

NEW CLASSES						
	WEDNESDAY	4:00PM	Core & Mobility Amos	SUNDAY	12:00PM	Yin Yoga Amos
	WEDNESDAY	7:45AM	Afro Burn Edgar	THURSDAY	6:00PM	Rebounding & Qi Gong Ashray
	FRIDAY	7:00PM	Dance & Drip Edgar	TUESDAY	6:00PM	Yoga Dr. Seema Sharma

NEW CLASSES STARTING JANUARY

02. RIDE STUDIO

TIME	MON	TUE	WED	THUR	FRI	SAT
07:30-08:15	Trance Riding Rio		Interval Spinning Rio		Techno Spin Rio	
09:30-10:15	Rhythm Riding Fred	Cadence Beat Rio		Cadence Beat Rio	Cadence Beat Rio	Pedal 60 Fred
13:00-13:45					Rhythm Riding Fred	
18:00-18:45	Cadence Beat Rio	Rhythm Riding Fred		Bollywood Spin Fred	Rhythm Riding Fred	
18:30-19:45			Recovery Class Fred			

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03. RUMBLE VENUE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
06:00 - 7:30	Total Boxing Gidruf (06:30 - 7:30)	Total Boxing David	Total Recovery Gidruf (06:30 - 7:30)	Total Boxing David	Total Boxing David		
08:15 - 9:00	Mixed Martial Arts Amos	Total Boxing David	Mixed Martial Arts Amos	Boxing Experience David	Boxing Amos		
10:00-11:00	Boxing Amos	Mixed Martial Arts Amos	Total Boxing David	Total Boxing Amos	MMA Experience Amos (10:00 - 12:00)		
15:00-16:00							Kick Boxing Simon
18:00-18:45	Total Boxing Bernard	Kick Boxing Simon	Total Boxing Bernard	Ring Experience Bernard	Kick-Boxing Experience Simon	Total Boxing Bernard	Total Boxing David
19:00-20:00	Kick Boxing Simon	Total Boxing Bernard	Kick Boxing Simon	Kick Boxing Simon			

04. CROSS TRAINING UPGRADED VENUE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
06:00-07:15	Road to Fitness Matt	Off the Hook Tush	Max Fit Matt	Road to Fitness Tush	Max Fit Matt		
08:00-09:00	Legs, Bums + Tums Tush	Slow Burn Matt	Road to Fitness Tush	Max Fit Matt	HIIT + Core Matthew (07:45 - 9:00)	HIIT + Run Matt (10:00 - 11:00am)	
16:00-16:45	Legs, Bums + Tums Beatrice	Functional Strength Bryan	Core & Mobility Amos	Functional Strength Bryan	Calisthenics Bryan		Yin Yoga Amos (12:00 -1:00)
17:00-17:45	Legs, Bums + Tums Beatrice	Functional Strength Bryan	Core & Mobility Amos	Recovery & Mobility Gidraf	Functional Strength Bryan		
18:00-18:50	Strength & Motion Beatrice (Studio)						

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05. SWIMMING POOL

TIME	MON	TUE	WED	THUR	FRI	SAT
09:00-10:00					Aqua Fitness Joy	
10:00-11:00		Aqua Aerobics Bernard		Aqua Aerobics Fred (11:00-12:00)		Aqua Fit Camp Bernard (10:15 - 11:15)



NOTE: ***Social - 3 middle lanes available at all times**
***Want to learn to swim? Speak to a life guard and become watersafe. Make a booking today.**

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Dance Studio

Aerobics body toning	High energy exercises to burn fat & improve body tone.
Functional Mobility	Focuses on building strength flexibility and endurance to improve one's ability to perform daily activities and movements efficiently and safely
Body Sculpt	Toning class focused primarily on core and body muscle strength.
Burn & Shred	HIIT Class focused on calorie burning, performance and conditioning.
Dance & Move	Choreographed dance for weight loss.
Ashtanga Yoga	It's the union of eight limbs of Yoga into one complete holistic system
Legs, Bums & Tums	Total body aerobic workout targeting the legs, bums & the abdominal area.
Pilates	Low impact exercise aiming to strengthen muscles, improve postural alignment, core strength & balance.
Power Yoga 1	Beginner yoga that emphasises on strength and flexibility using different poses.
Shape & Tone	Work different body parts through multiple exercise approaches like circuit training and light to moderate weight training modalities.
Vinyasa Yoga	Yoga flow that moves from one pose directly into the next, improving energy levels, promoting relaxation, endurance and strength.
Yogilates	A fusion of yoga poses & pilates sequences for strengthening the body.
Pump Class	A fusion of yoga poses & pilates sequences for strengthening the body.
Zumba	Join this dance party to a fusion of Latin and International music. The routine features aerobic/fitness interval training with a combination of fast & slow rhythms.

RIDE STUDIO

Rhythm Riding	Moments of high intensity interval training to the beat.
Cadence Beat	Terrain-based technique class that focuses on cadence, climbs and sprints.
Pedal 60	Strength and cardio endurance by the rhythm of the music.
Piyo	Combo class combines benefits of Pilates, Yoga + low impact cardio
Rebounding	Does wonders for weight loss, tones whole body + tightens waistline
Flow Yoga	Builds strength in your CORE and upper and upper body which enhances posture

POOL AREA

Aqua Aerobics	Resistance training following a series of aerobic moves in the pool.
Aqua fit camp & Aqua Fitness	Exercises that enhance physical and mental health.

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ARENA CLASSES

RUMBLE	Kickboxing class involving a combination of technique training, cardio, pad work, boxing mannequins & functional body weight movements.
CARDIO BOXING	Basic boxing class combined with bodyweight workouts to enhance cardio fitness.
BODY BLAZER	Kickboxing class integrated with plyometric bodyweight exercises.
TOTAL FITNESS	High intensity Rumble class with plyometric exercises to improve strength and cardio fitness.
FAT BURNER	Creative kickboxing class designed to make you burn calories & sweat!
FIGHTING FIT	High energy martial arts inspired to get fit fast and strong for all fitness levels.
ROW & CUT	Low impact rowing class with low to medium intensity bodyweight exercises.
HIT SQUAD	A HIT & Run class centred on competing with a friend/partner.
HIT & BURN	HIIT workout made up of weight training, a variety of cardio equipment and other training equipment.
CARDIO BLAST	Creative work out that ensures maximum results with high energy output.
TAEBO	Incorporates martial arts techniques such as kicks and punches. This Class uses the motions of martial arts at a rapid pace designed to promote fitness.
CROSS TRAINING	Combination of weight training, cardio and core exercises.
SLOW BURN	Foundational class on the techniques of functional movements.
ROAD TO FITNESS	Short, medium intensity workouts for mastering functional movements.
MAX FIT	High-intensity functional workouts with AMRAP & EMOM elements.s.
OFF THE HOOK	Creative functional exercises to make you fit.
BURN & SHRED	Combination of weight training, cardio equipment, kickboxing & functional body weight movements to make you burn calories & improve cardio fitness.
ORIENTATION	Beginner- Correct posture technique and the use of toning equipments (machines) Advanced - Free weight training technique (use of Barbell, Dumbbell, Kettlebell and Bar)
STRETCH CLASS	A recovery class tends to enhance flexibility and muscle relaxation and healing.
CORE FLOW YOGA	Focuses on strengthening the core area, spinal integrity, control in movement and improve posture
HIIT IT UP	A high intensity interval training where winners are recognised

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