



# TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM ELEVATE	5AM LIFT	5AM MAIN EVENT	5AM LIFT: SHAPE	5AM ELEVATE	
6AM ELEVATE	6AM LIFT	6AM MAIN EVENT	5AM LIFT: POWER 6AM LIFT: SHAPE & POWER	6AM ELEVATE	
7AM ELEVATE	7AM LIFT	7AM MAIN EVENT	6AM FREE RUN CLUB 7AM LIFT: SHAPE	7AM ELEVATE	7AM MAIN EVENT
			7AM LIFT: POWER		8AM MAIN EVENT
			8AM PILATES		8AM OPEN GYM
9:15AM ELEVATE	9:15AM LIFT	9:15AM MAIN EVENT	9:15AM LIFT: SHAPE	9:15AM ELEVATE	
			9:15AM LIFT: POWER		
1PM FALLS PREV.		12PM MAIN EVENT	10:15AM FALLS PREV.	12PM ELEVATE	
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4PM OPEN GYM	4PM OPEN GYM ADOLESCENT PROGRAM	4PM OPEN GYM ADOLESCENT PROGRAM	4PM OPEN GYM ADOLESCENT PROGRAM	4PM OPEN GYM	
5PM ELEVATE	5PM LIFT	5PM MAIN EVENT	5PM LIFT: SHAPE	5:00PM ELEVATE	
			5PM LIFT: POWER		
6PM ESD	6PM LIFT	6PM ESD	6PM LIFT: SHAPE		
			6PM LIFT: POWER		

- CONDITIONING ONLY
- STRENGTH ONLY
- STRENGTH & CONDITIONING
- SPECIALISED CLASSES (CHECK GM APP)

**INFRARED SAUNA  
TIME SLOTS**

**MONDAY - FRIDAY**  
5:15am - 10:30am  
& 4:30pm - 7:30pm  
(check the app)

**SATURDAY**  
7:15am - 9:30am

ALL SESSIONS ARE 45-MINUTES TIMESLOTS