

H Y R O X



STUDIO TIMETABLE 2026

Jan-26



Monday

CLASS	TIME	INSTRUCTOR	STUDIO
*Hyrox™ Workout A	06:05 - 07:00	Gym Team	Performance Centre
((BOUNCE))™	08:45 - 09:25	Freddie	Studio 1
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
((BOUNCE))™	09:30 - 10:15	Freddie	Studio 1
Strictly Dance Fit	09:30 - 10:15	Eva	Studio 2
Rig Circuits	09:30 - 10:15	Gym Team	Gym Floor
Tight Assets	10:30 - 11:15	Becky	Studio 1
Pilates	10:30 - 11:15	Freddie	Studio 2
Easy Does It	11:30 - 12:15	Becky	Studio 1
Beginner Hatha Yoga	11:30 - 12:25	Reas	Studio 2
Aqua Aerobics	12:35 - 13:15	Sydney	Swimming pool
Bag Bass Box™	18:00 - 18:45	Marlon	Studio 1
Indoor Cycling	18:00 - 18:45	Dan	Cycling Studio
Pilates	18:00 - 18:55	Freddie	Studio 2
*Hyrox™ Workout A	18:00 - 19:00	Gym Team	Performance Centre
Legs Bums and Tums	19:00 - 19:45	Candy	Studio 1
Hatha Yoga	19:00 - 19:55	Freddie	Studio 2

Tuesday

CLASS	TIME	INSTRUCTOR	STUDIO
*Strength and Conditioning	06:15 - 07:00	Gym Team	Performance Centre
Cardio Blast	09:00 - 09:25	Steven	Studio 1
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
Pilates	09:30 - 10:25	Martina	Studio 2
Full Range Resistance	09:30 - 10:25	Steven	Studio 1
Zumba	10:30 - 11:25	Becky	Studio 2
Legs, Bums & Tums	10:35 - 11:20	Morgan/Bailey	Studio 1
Mindful Movement & Meditation	11:30 - 12:25	Becky	Studio 1
Ashtanga Yoga	11:30 - 12:25	Reas	Studio 2
Bag Bass Box™	12:30 - 13:15	Emma	Studio 1
Hatha Yoga	18:00 - 18:55	Kate	Studio 2
Core	17:30 - 17:55	Alex	Studio 2
Indoor Cycling	18:00 - 18:45	Alex	Cycling Studio
Dance Fitness	18:00 - 18:45	Freddie	Studio 1
Pump Fit	19:00 - 19:45	Alex	Studio 1
Weights for Women	19:00 - 19:55	Ruth	Performance Centre
Pilates	19:00 - 19:55	Freddie	Studio 2

Wednesday

CLASS	TIME	INSTRUCTOR	STUDIO
*ENDURE	06:05 - 07:00	Ben	Performance Centre
Power Cycle	09:00 - 09:25	Dan	Cycling Studio
((BOUNCE))™	09:30 - 10:30	Freddie	Studio 1
Vinyasa	09:30 - 10:25	Vicky	Studio 2
Bootcamp	09:45 - 10:25	Dan	Performance Centre
DanceFit	10:30 - 11:15	Freddie	Studio 1
Stretch and Flex	10:30 - 11:25	Martina	Studio 2
Weights for Women	11:30 - 12:25	Ruth	Performance Centre
Pilates	11:30 - 12:25	Reas	Studio 1
Balance & Breathe Yoga Meditation	11:30 - 12:25	Kate	Studio 2
Aqua Aerobics	12:30 - 13:10	Sydney	Swimming Pool
HIIT	18:00 - 18:45	Andrew	Studio 1
*Hyrox™ Workout B	18:00 - 19:00	Gym Team	Performance Centre
Pilates	18:00 - 18:55	Martina	Studio 2
((BOUNCE))™	19:00 - 19:45	Freddie	Studio 1
Slow Flow and Sound Healing	19:05 - 20:00	Adele	Studio 2

Thursday

CLASS	TIME	INSTRUCTOR	STUDIO
*Hyrox™ Workout B	06:05 - 07:00	Gym Team	Performance Centre
Core	09:00 - 09:25	Steven	Studio 1
Aerobics	09:30 - 10:25	Steven	Studio 1
Slow Flow and Sound Healing	09:30 - 10:25	Adele	Studio 2
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
Tight Assets	10:30 - 11:15	Becky	Studio 1
Kettlebells Circuits	10:30 - 11:10	Morgan	Gym Floor
Stretch and Flex	10:30 - 11:25	Martina	Studio 2
Easy Does It	11:30 - 12:15	Becky	Studio 1
Yoga Development	11:30 - 12:30	Reas	Studio 2
Tight Assets	18:00 - 18:45	Becky	Studio 1
Indoor Cycling	18:00 - 18:45	Alex	Cycling Studio
Running Club	19:15 - 20:15	Alex/Ruth	Outdoors
Yin Yoga	18:00 - 18:55	Anna	Studio 2
Wall Pilates	19:00 - 19:45	Becky	Studio 2
Line Dance	19:00 - 19:55	Candy	Studio 1

Friday

CLASS	TIME	INSTRUCTOR	STUDIO
Yoga	07:00 - 07:55	Brittany	Studio 2
Body Blitz	09:30 - 10:15	Martina	Studio 1
Rig Circuits	09:30 - 10:15	Gym Team	Gym Floor
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
Pilates Advanced	09:30 - 10:25	Reas	Studio 2
Zumba	10:30 - 11:25	Becky	Studio 1
Stretch and Flex	10:30 - 11:25	Martina	Studio 2
Wall Pilates	11:30 - 12:25	Becky	Studio 1
Vinyasa Flow	11:30 - 12:25	Kate	Studio 2
Aqua Aerobics	12:00 - 12:40	Martina	Swimming Pool
Dance Fitness	17:45 - 18:30	Lizzie	Studio 1
Yoga	18:30 - 19:25	Paul	Studio 2

Saturday

CLASS	TIME	INSTRUCTOR	STUDIO
Indoor Cycling	08:30 - 09:15	Becky	Cycling Studio
Core Focus	08:50 - 09:20	Freddie	Studio 1
Kettlebells	09:30 - 10:10	Becky	Health Club
((BOUNCE))™	09:30 - 10:15	Freddie	Studio 1
Cardio Combat	09:30 - 10:15	Candy	Studio 2
*Hyrox™ Power Hour	10:00 - 11:00	Gym Team	Performance Centre
Tight Assets	10:30 - 11:15	Becky	Studio 1
Pilates	11:20 - 12:15	Becky	Studio 2

Sunday

CLASS	TIME	INSTRUCTOR	STUDIO
ENERGIZE	09:30 - 10:25	Morgan	Studios1
Yoga	11:00 - 11:55	Luka	Studio 2
Fitness Pilates Wall and Floor	17:30 - 18:25	Becky	Studio 1
Mindful Movement & Meditation	18:30 - 19:25	Becky	Studio 2

* Must be a Performance Centre Member
Open to Health Club and Performance Centre