

# TIMETABLE

EFFECTIVE: 1 MARCH 2024

GROUP FITNESS STUDIO  CYCLE STUDIO

**OPEN 24/7  
STAFFED HOURS**

Monday - Thursday: 7:00am - 8:00pm

Friday: 7:00am - 5:00pm

Saturday: 7:00am - 12:00pm

Sunday & Public Holidays: Unstaffed

## GROUP FITNESS CLASSES

**ALL MEMBER MUST Book Online via the Genesis App**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	SCHWINN CYCLE	CARDIOSCULPT	SCHWINN CYCLE	TABATA	BODYBLITZ		
8:15AM						SCHWINN CYCLE	
9:00AM						BODYBLITZ	YOGA
9:15AM	BODYBLITZ	TABATA	CARDIOSCULPT	SCHWINN CYCLE	TOTALBODY		
10:00AM						YOGA	
10:15AM	BALANCE			PILATES	YOGA		
4:45PM	TABATA	SCHWINN CYCLE					
5:30PM	CARDIOSCULPT	BODYBLITZ	STEP	TABATA			
5:30PM	SCHWINN CYCLE		SCHWINN CYCLE				
6:15PM			BODYBLITZ				
6:30AM	YOGA	PILATES					

**PLEASE NOTE:** Bookings are essential. Timetable is subject to change.

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**REFORMER PILATES**

## GROUP FITNESS CLASSES

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		REFORMER PILATES		
7:00AM		REFORMER PILATES		REFORMER PILATES			
8:00AM	REFORMER PILATES				REFORMER PILATES	REFORMER PILATES	REFORMER PILATES
9:00AM						REFORMER PILATES	
9:15AM	REFORMER PILATES		REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
10:00AM			15 MIN REFORMER ORIENTATION				
10:15AM		REFORMER PILATES	REFORMER PILATES				
4:30PM	REFORMER PILATES		REFORMER PILATES	REFORMER PILATES			
5:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
6:15PM	15 MIN REFORMER ORIENTATION						
6:30PM	REFORMER PILATES		REFORMER PILATES				

**PLEASE NOTE:** Bookings are essential. Timetable is subject to change.

*Reformer Pilates*

**Genesis Maitland**

7a/555 High Street, Maitland NSW 2320

Call **02 4933 0425** or visit [genesisfitness.com.au](https://www.genesisfitness.com.au)

**GENESIS**  
HEALTH + FITNESS