

TIMETABLE

EFFECTIVE 2 OCTOBER 2023

GROUP FITNESS STUDIO

OPEN 5:00am - 10:00pm
STAFFED HOURS
 Monday – Thursday 9:00am - 6:00pm
 Friday: 9:00am - 5:00pm
 Saturday: 8:30am - 11:30am
 Sunday & Public Holidays: Unstaffed

GROUP FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	CARDIOBOX	HIIT CARDIO	CARDIOBOX	BODY PUMP	METAPWR		
7.30AM						HIIT CIRCUIT	
8.00AM						BODY COMBAT	
9.00AM	HIIT	BODY BALANCE	METAFIT	HIITSTEP	BODY PUMP	BODY BALANCE	
9.30AM	BODY PUMP		ABT				METAFIT
10.00AM		HIIT STRENGTH			VINYASA YOGA	KONGA	BODY BALANCE
10.30AM	ZUMBA			BODY BALANCE			
10.45AM							
5.30PM	BODYPUMP	VINYASA YOGA	KONGA		HIIT CIRCUIT		
6.00PM					KONGA		
6.30PM	HIIT CARDIO	KONGA	BODY COMBAT	BODY PUMP			
7.30PM				ZUMBA			

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

Genesis Southern River
 7/714 Ranford Rd, Southern River WA 6110
 Call **08 9394 0700** or visit [genesisfitness.com.au](https://www.genesisfitness.com.au)

GENESIS
 HEALTH + FITNESS

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 COACHING ZONE

 REFORMER PILATES

PREMIUM CLASSES

ALL MEMBERS MUST Book Online via Yep Booking

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM	ENERGISE	ADRENALINE	STRONG	AFTERBURN	ENDURANCE		
5:45AM		REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
8:15AM						ORIENTATION	
8:30AM						ACCELERATE	
8:30AM						REFORMER PILATES	
9:15AM	ORIENTATION						
9:30AM	ENERGISE	ADRENALINE	STRONG	AFTERBURN	ENDURANCE		
9:30AM	REFORMER PILATES						
10:30AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		REFORMER PILATES		
4:30PM				REFORMER PILATES			
5:15PM	ORIENTATION						
5:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
6:00PM	ENERGISE	ADRENALINE	STRONG	AFTERBURN			
6:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES				

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Reformer Pilates

