

TIMETABLE

EFFECTIVE: 1 MARCH 2024

**OPEN 24/7
STAFFED HOURS**

Monday - Friday: 5:15am - 8:00pm

Saturday: 7:00am - 4:00pm

Sunday: 8:00am - 4:00pm

GROUP FITNESS STUDIO CYCLE STUDIO COURT 1

GROUP FITNESS CLASSES

ALL MEMBER MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM		45	45	45	SCHWINN CYCLE		
6:00AM	BODY BLITZ	SCHWINN CYCLE	BARRE	BODY BLITZ	BODY BLITZ		
8:15AM						STEP MOVES	BARRE
8:15AM						SCHWINN CYCLE	
9:15AM	FAT BURNER	FAT BURNER	STEP MOVES	ZUMBA	FAT BURNER	ZUMBA	YOGA
10:15AM	BODY BLITZ	MAT PILATES	BODY BLITZ	BALANCE	BARRE	YOGA	BODY BLITZ
12:15PM	BALANCE		MAT PILATES				
4:45PM	STEP MOVES	BODYBLITZ		BARRE	YOGA		
5:00PM			SCHWINN CYCLE				
5:45PM	BARRE	45	BODY BLITZ	YOGA			
5:45PM	SCHWINN CYCLE						
6:30PM		ZUMBA					

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

Genesis Cooks Hill

Level 2, 235 Darby Street, Cooks Hill NSW 2300

Call **02 4087 8797** or visit [genesisfitness.com.au](https://www.genesisfitness.com.au)

GENESIS
HEALTH + FITNESS

TIMETABLE

EFFECTIVE: 1 MARCH 2024

OPEN 24/7
STAFFED HOURS

Monday - Friday: 5:15am - 8:00pm
Saturday: 7:00am - 4:00pm
Sunday: 8:00am - 4:00pm

REFORMER PILATES

GROUP FITNESS CLASSES

ALL MEMBER MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM		REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
5:45AM	REFORMER PILATES						
6:30AM		REFORMER PILATES		REFORMER PILATES	REFORMER PILATES		
8:15AM						REFORMER PILATES	REFORMER PILATES
9:15AM	REFORMER PILATES						
10:15AM	REFORMER PILATES						
4:45PM		REFORMER PILATES		REFORMER PILATES	REFORMER PILATES		
5:30PM	REFORMER PILATES	ORIENTATION	REFORMER PILATES	ORIENTATION			
5:45PM		REFORMER PILATES		REFORMER PILATES			
6:30PM	REFORMER PILATES		REFORMER PILATES				

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

Reformer Pilates

Genesis Cooks Hill
Level 2, 235 Darby Street, Cooks Hill NSW 2300
Call 02 4087 8797 or visit genesisfitness.com.au

GENESIS
HEALTH + FITNESS