

TIMETABLE

EFFECTIVE: 1 MARCH 2024

GROUP FITNESS STUDIO CYCLE STUDIO

**OPEN 24/7
STAFFED HOURS**

Monday - Thursday: 9:00am - 7:00pm

Friday: 9:00am - 5:00pm

Saturday: 8:00am - 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		PILATES	CYCLE	BODYBLITZ	CYCLE		
8:00AM						BODYBLITZ	
9:00AM						YOGA	
9:15AM	BODYBLITZ	CYCLE	BARRE	BODYBLITZ	STEP		
9:15AM		YOGA					
10:00AM	YOGA		PILATES		YOGA		
4:30PM	BARRE		STEP	PILATES			
5:00PM	CYCLE				YOGA		
5:15PM	PILATES	BOXING	BODYBLITZ	CYCLE			
6:00PM	BODYBLITZ	ZUMBA	PILATES	YOGA			

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

Genesis Coffs Harbour

31 Park Avenue, Coffs Harbour NSW 2450

Call **02 6651 1172** or visit [genesisfitness.com.au](https://www.genesisfitness.com.au)

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HEALTH + FITNESS