

TIMETABLE

EFFECTIVE 1 MARCH 2024

 GROUP FITNESS STUDIO

OPEN 24/7
STAFFED HOURS
 Monday-Thursday: 9:00am-7:00pm
 Friday: 9:00am-5:00pm
 Saturday: 9:00am-12:00pm
 Sunday & Public Holidays: Unstaffed

GROUP FITNESS CLASSES **ALL MEMBERS MUST Book Online via the Genesis App**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	VINYASA FLOW YOGA		VINYASA FLOW YOGA		VINYASA FLOW YOGA		
7:30AM	B-ACTIVE	CARDIOCAMP	B-ACTIVE	45	B-ACTIVE		
8:00AM						BODYBLITZ	
9:00AM						VINYASA FLOW YOGA	
9:15AM	CARDIOBOX	B-ACTIVE	45	B-ACTIVE	BOOTYHIIT		
10:15AM	PILATES	VINYASA FLOW YOGA	PILATES	VINYASA FLOW YOGA	STRETCH & MOBILITY		
12:30AM	VINYASA FLOW YOGA		VINYASA FLOW YOGA				
5:30PM	BODYBLITZ	CARDIOSCULPT	CARDIOCAMP	TABATA			
6:15PM		VINYASA FLOW YOGA		POWER YOGA			

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

Genesis Port Macquarie
 158 Gordon Street, Port Macquarie NSW 2444
 Call **02 6584 1841** or visit [genesisfitness.com.au](https://www.genesisfitness.com.au)

GENESIS
 HEALTH + FITNESS

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REFORMER PILATES

PREMIUM CLASSES **ALL MEMBERS MUST Book Online via the Genesis App**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	REFORMER PILATES						
7:00AM	REFORMER PILATES						
8:00AM						REFORMER PILATES	
9:00AM	REFORMER PILATES						
10:00AM	REFORMER PILATES		REFORMER PILATES		REFORMER PILATES		
5:00PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
6:00PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			

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Reformer Pilates

